

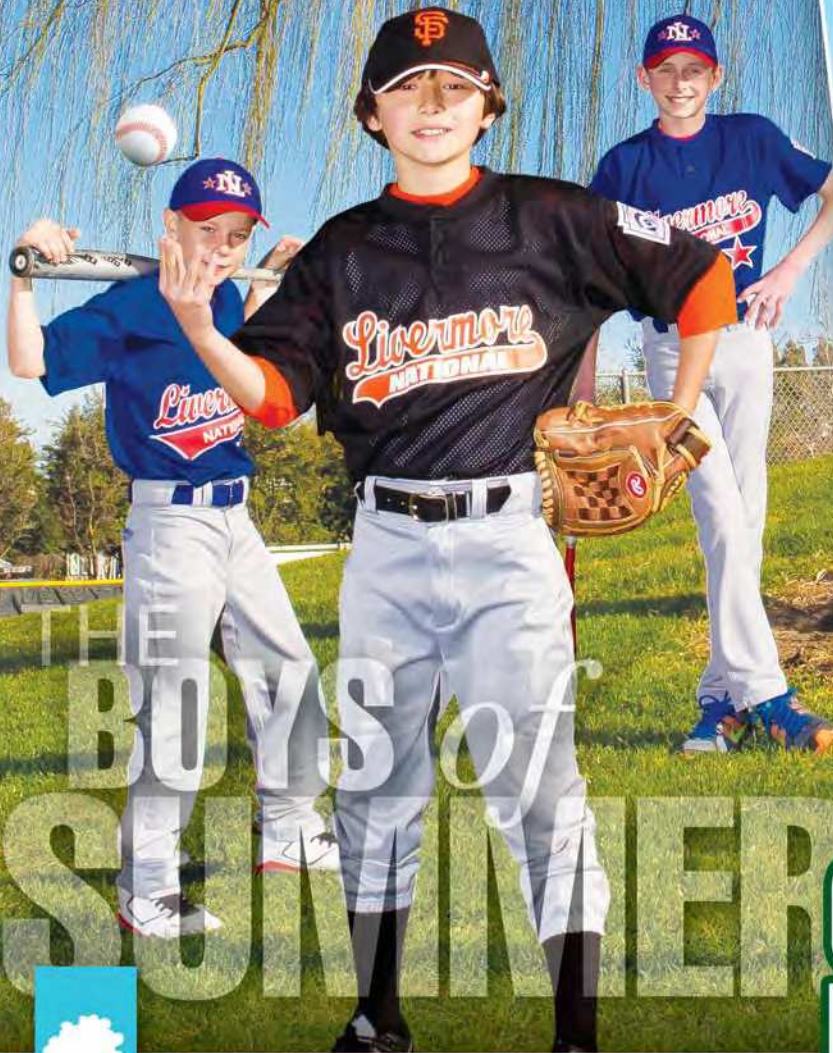
L A R P D

PARKS & PLAY

A GUIDE TO YOUR LIVERMORE AREA RECREATION AND PARK DISTRICT

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THE BOYS of
SUMMER

REGISTRATION OPENS:

MARCH 27

8:00 AM

CLASSES & PROGRAMS

SUMMER 2013

Recreational Activities for ALL AGES: Infant through Adult 55+



Livermore Area
Recreation & Park District
An independent special district



California District 57

hosts the

Inaugural Intermediate Little League World Series

July 30-August 5, 2013

Max Baer Park • Livermore, CA

10 teams from around the world
Championship on ESPN August 5, 2013



Scan for facebook page!



For more information and a full schedule of events
intermediateworldseries.org/



Youth Triathlon

May 19, 2013

Registration Closes May 5, 2013.

Located at Robert Livermore
Community Center and Park



*Great things
come to those
who Tri*

Age Group	Swim	Bike	Run
5-6	25yds (1 lap)	1 mile	1/4 mile
7-8	50yds (1 lap)	2 miles	1/2 mile
9-10	50yds (1 lap)	2 miles	1/2 mile
11-12	100yds (4 laps)	3 miles	1 mile
13-14	100 (4 laps)	3 miles	1 mile

For more info and registration packet:
zsilva@larpd.dst.ca.us

LARPD PARKS & PLAY

A GUIDETOYOUR LIVERMORE AREA RECREATION AND PARK DISTRICT



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Message from the General Manager SUMMER 2013

Just look at what our staff has cooked up for your family this summer! Exciting camps, classes, youth activities, teen activities, senior citizen programs, open space activities and nature programs are contained within this Guide. Sign up and get your "Camp Shelly Fix" by staying at our 25-site campground in the Sierra mountains.

One of the very best places for a family camping vacation!

Our photo essay in the middle of this Guide is a salute to our hard working recreation division staff.

They create community through the many programs and activities listed within.

In addition to taking care of the kids' activities for the summer, isn't it time you did something for yourself today and sign up for a fitness or special interest class? Think of the new friends you'll make, new things you'll learn and opportunities to finally get into shape! Our pools are so inviting this summer for lessons and open swimming.

So now, get out & play!

Have a great summer, and let LARPD be a part of your summer success!

Tim Barry
Tim Barry General Manager

Livermore Area Recreation & Park District an independent special district

Robert Livermore Community Center District Offices
4444 East Avenue, Livermore, CA 94550 • 925.373.5700

Email: info@larpd.dst.ca.us

Website: www.larpd.dst.ca.us

Like us on Facebook: Livermore Area Recreation and Park District

Administrative Office Hours: M-Th-8:00 am-6:00 pm; F-8:00 am-5:00 pm

General Manager: Timothy Barry

Board of Directors: Bob Coomber, Maryalice Faltings, Steve Goodman, David Hutchinson and Beth Wilson

Mission Provide the people of this area with an outstanding system of parks, recreation areas and facilities. Provide recreation programs that will stimulate, educate and enrich the lives of people within the District.

Board Meetings and Communicating with LARPD The public is invited to attend the monthly Board of Directors meetings, held the second and last Wednesdays of the month at 7 p.m. at the Robert Livermore Community Center, 4444 East Ave. in Livermore, and comment on any topic concerning local parks and recreation services and facilities. In addition, if the public has a concern or question about District services or facilities, they can be addressed to the General Manager, at info@larpd.dst.ca.us. Board meetings are recorded and broadcast on Cable TV Channel 29 the week following each Board meeting.

Activity Guides The LARPD Activity Guide is published three times per year: Summer, Fall/Winter and Winter/Spring. Readers can also view the LARPD Magazine online at www.larpd.dst.ca.us. Any changes that take place after the print guide is published can be found in the online guide edition.

Photo Policy LARPD reserves the right to use photos taken of visitors while they are visiting LARPD facilities or special events or participating in any department programs. Such photographs may be used by Livermore Area Recreation and Park District for publicity purposes.

Summer Holiday Closures The District Offices are closed on:
Mar 29, May 27, Jul 4, Sep 2, 2013.



**Livermore Area
Recreation & Park District**
An independent special district

**Parks
Make
Life
Better!**



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On the Cover: (l-r) Zach Harris, Nick Donaldson, and Nathan Findley of Livermore's National League. Pictured here (l-r): Zach and Mike Harris; Nathan and Dave Findley; Nick and Pat Donaldson.

Photo credits:

Phil Doyle: cover, page 2, center spread-J. Carlson, and camp insert-baseball players and football players.

Chiye Azuma: Center spread-staff photo.

Gina Halferty: Page 13, page 14-top rt., center spread-father and daughter, page 28, and campers and counselors on camp insert.

Gloria Jam: page 3, center spread-swimmers, and camp insert-swimmers.

Sports Associations

Basketball (CYO) St. Michael's St. Charles

.<http://smsccyo.org/>

Blue Dolphins Swim dolphinswimming.org

East Bay Men's Soccer League

.www.ebmscup.com/

Fusion Soccer League (LYSL)

.www.fusionsc.org

Livermore American Little League

.www.eteamz.com/lall

Livermore Aqua Cowboys

www.teamunify.com/Home.jsp?team=plac

Livermore Girls' Softball Association

.www.livermoregirlssoftball.org

Livermore Granada Little League

.www.granadalittleleague.com

Livermore Junior Football League

.www.livermorejuniorfootball.com

Livermore National Little League

.www.eteamz.com/lntl

Livermore Youth Football and Cheer

.www.eteamz.com/lyfc

Livermore Youth Soccer League – Fusion

.www.lysl.org

Old Saturday Stumblers Soccer League . .

.www.ossosl.org

Phantom Lacrosse

.<http://phantomlacrosse.org/>

Valley Roller Hockey

.www.valleyrollerhockey.net

West Coast Soccer Club

.www.westcoastsoccerclub.com

LARPD Numbers to Know

LARPD Office 925-373-5700

Hotlines 925-373-5702

Sports Fields/Turf Conditions . . Press 1

Aquatics/Pool Press 4

Senior Services Press 5

LARPD Foundation 925-373-5786

Aquatics 925-373-5751

Class Registration 925-373-5700

Equestrian Park 925-373-5709

Facilities Rentals 925-373-5703

Parks Maintenance 925-960-2440

Preschool Information 925-960-2486

Ranger/Nature Staff 925-960-2400

Recreation 925-373-5700

RL Community Ctr. 925-373-5700

Gymnasium 925-373-5733

Sports Field Rentals 925-373-5709

Volunteers 925-373-5765

Youth Services 925-960-2480

Other frequently requested non-LARPD contacts

Adult Education 925-606-4722

Bankhead Theater 925-373-6100

City of Livermore

Animal Control 925-371-4848

Library 925-373-5500

Planning/Tree Trimming . 925-960-4000

Police Department 925-371-4987

CPR classes (Red Cross) 1-800-520-5433

Del Valle Dog Club 925-455-4158

Lake Del Valle (EBRPD) 925-373-0332

Los Vaqueros Reservoir 925-688-8225

School District (LVJUSD) 925-606-3200

Recreational Public Swimming

**All pools open
Tuesday, June 18**

May Nissen Swim Center

685 Rincon Ave., 925-960-2451

2013 Season: Tue. June 18–Tue. Aug. 20

Hours of Operation:

M–F: 1–4 pm

Sat.: 1–5 pm

Sun.: CLOSED

Swim Fees and Seasonal Passes (MAY NISSEN ONLY)*

Prices are result of a grant
from Kaiser Permanente.

	Public Swim	Swim Pass
2–17 years	25¢	\$15
Adults	25¢	\$15
Children under 2 yrs, FREE with adult admission		

Robert Livermore Community Center Pools

4444 East Ave., 925-373-5751

Use the Loyola Way parking lot for ALL Aquatics activities

2013 Season: Tue. June 18–Fri. Aug. 30

Swim Fees and Seasonal Passes

	20-Visit Public Swim	Swim Pass
Under 48"	\$3	\$50
Over 48"	\$5	\$90
Spectator	\$4	\$70
Under 2 yrs.	FREE with adult admission	

Hours of Operation:

7/18–8/30		
	Activity Pool	Lap Pool
MTWThF	1–7 pm	1:30–5 pm
Activity Pool Closed 6/17		
6/15–9/29		
Sat	11 am–6 pm	
Sun	12–6 pm	
Lap Pool Closed 6/17, 7/27		

Swim Passes

Valid from 4/29 to the close of the Activity Pool in the Fall.

Enjoy unlimited use of the Robert Livermore Community Center Pools and May Nissen Swim Center during recreational swim times.

Family pass is valid for up to five (5) immediate family members living at the same address. Add \$25 for each additional family member living at your address.

A limited number of family passes will be sold on a first-come, first-served basis.

Family	Adult	Youth (5–17 yrs)	Child (2–4 yrs)	Senior (55–69 yrs)	Senior (70+)
\$300	\$125	\$100	\$50	\$100	\$50

Lap Swim

12 yrs+

For adults and students interested in working out on their own. Beginners to experts welcome. Lanes may be assigned and circle swimming is required. NOTE: 6/5–6/13 there will be NO Mid-Day Lap Swim.

Annual Lap Swim Pass

6/1/13–5/31/14 \$475

Lap Swim Schedule

Schedule	6/18–8/31	Times
Mornings	MWF, No 6/17	6–9 am
Mid-Day	MTWThF, No 6/17	10 am– 1:25 pm
Evenings	MWF, No 6/17, 6/21, 7/4	5:30–8 pm
Sat.	No 7/27	7:30– 10:30 am
Fees	Single Admission	Swim Passes
Adult	\$4	15 for \$55 / 50 for \$172
Youth/ Seniors	\$3.50	15 for \$50 / 50 for \$150

Seal Team Kids Scuba Camp

8–12 yrs

Institute of Diving Technology Staff

Learn about oceans and its critters, use diver hand signals, practice special diving skills, map and explore a wreck, discover tips and tricks only Seal Team Divers know. Become a certified PADI AWARE Kid and a PADI Seal Team Member. All SCUBA equipment is provided.

M–F 6/24–6/28 10 am–Noon \$220

Aquatic Adventure Camp

12–14 yrs This camp is made possible through a grant from the Department of Water Resources. Emphasis is on Water Safety. Participants introduced to three aquatic environments: pool, stream, and lake. Two field trips taken, one to Veteran's Park and one to Del Valle Regional Park. This camp is for low-income families. A scholarship application is required. On-line registration not available for this program. Call 925-373-5751 for more information.

M–F 6/17–6/21 8 am–4 pm \$25 M–F 6/24–6/28 8 am–4 pm \$25

Toddler Time

6 mos–5 yrs

Drop in at the special "toddlers only" swim time. Enjoy the zero entry pool with other little ones without the bustle of older children. Swim diapers required for children not yet potty trained. Adult must be within arms reach of their child at all times while in the water. Up to two children per adult. This is a non-structured swim program. No Toddler Time 5/27, 6/5–6/12, 9/16.

MWF 5/6–9–27 9:45–11:15 am \$2
/person

Splashball

6–10 yrs

LARPD Staff

RLCC Pool

Splashball is a "T-ball" version of water polo designed to introduce the sport of water polo to boys and girls. Learn basic skills and understanding of water polo in a recreational format, while providing social development through participation in a team sport. 7/8 classes. No class 7/4.

M–Th 8/12–8/15 9:30–11 am \$50



swim lessons

Swim lessons can be taken at both RLCC and May Nissen.

Swim Lesson Descriptions

Find lesson descriptions on the LARPD website:
<http://www.larpd.dst.ca.us/aquatics/lessons.html>
 or use the QR code.



Robert Livermore Community Center Swim Lessons Schedule

All classes meet Mon–Fri the first week and Mon–Th the second week. \$50 for nine 25-minute classes.

Swim Classes and Times for RLCC				
	9:30 am	10 am	10:30 am	11 am
Parent/Child		X		X
Level 2	X	X	X	X
Level 3	X	X	X	X
Level 4	X		X	X
Level 5	X		X	
Level 6		X		

Sessions: A June 18–June 27* C July 15–July 25
 B July 1–July 11 D July 29–Aug 8

*8 lessons for \$45.

May Nissen Swim Center Swim Lessons Schedule

All classes meet Mon–Fri the first week; Mon–Th the second week.
 \$47 for nine 25-minute classes.

Swim Classes and Times – May Nissen Swim Center												
	9:30 am	10 am	10:30 am	11:15 am	11:45 am	4:15 pm	4:45 pm	5:15 pm	5:45 pm	6:15 pm	6:45 pm	7:15 pm
Parent/Child				X		X		X		X		
Preschool	X	X	X	X	X	X	X	X	X	X	X	X
Level 1	X	X	X	X	X	X	X	X	X	X	X	X
Level 2	X	X	X	X	X	X	X	X	X	X	X	X
Level 3	X	X	X		X			X	X	X	X	
Level 4	X		X		X	X			X	X		X
Level 5		X		X			X		X		X	
Level 6								X				

AA June 3–June 12* C July 15–July 25
 A June 18–June 27* D July 29–Aug 8
 B July 1–July 11* #

* 8 lessons for \$42, evening lessons only Session B, morning lessons meet on 7/4. # No EVENING lessons 7/4.

Adult/Teen Swim Lessons

13 yrs+

Beginners Welcome! Adult/Teen lessons offered for all skill levels from very beginner (those afraid of the water) to advanced swimmers. Course emphasis is on individual skill improvement and endurance. Students are allowed to progress at their own pace with hands-on instruction and encouragement provided by the instructor. \$55 for nine 30-minute classes.

Adult/Teen Swim Lessons		
	9:15 am	6:45 pm
RLCC Swim Center	X	
May Nissen Swim Center		X

Sessions: A June 18–June 27* C July 15–July 25
 B July 1–July 11* # D July 29–Aug. 8

*8 lessons for \$50 evening lessons only Session B, morning lessons meet on 7/4. # No EVENING lessons 7/4.

Private Swim Lessons

5 yrs+

RLCC Pool

One-to-one instruction available for both children and adults. Private lessons are excellent for those who want more individualized attention. Lessons are scheduled Mon–Th for 30 minutes each day. \$100 for four 30-minute lessons.

Private Swim Lessons									
	6/18–6/21 Tue–Fri	6/24–6/27	7/8–7/11	7/15–7/18	7/22–7/25	7/29–8/1	8/5–8/8	8/12–8/15	8/19–8/22
9:50 am	x	x	x	x	x	x	x	x	x
10:25 am	x	x	x	x	x	x	x	x	x
11:35 am	x	x	x	x	x	x	x	x	x
12:10 pm	x	x	x	x	x	x	x	x	x
3:15 pm	x	x	x	x	x	x	x	x	x
4:20 pm	x	x	x	x	x	x	x	x	x
4:55 pm	x	x	x	x	x	x	x	x	x
5:30 pm	x	x	x	x	x	x	x	x	x
6:05 pm	x	x	x	x	x	x	x	x	x
6:40 pm	x	x	x	x	x	x	x	x	x

Swim Lesson Registration Procedures

- Mail-in/Internet registration:** March 27. Use the registration form on page 31.
- Walk-in registration:** Registration for all aquatic classes held at RLCC and May Nissen accepted for both swim facilities any time the pools are open during lessons and/or public swim. RLCC Aquatic Building beginning March 27. May Nissen Swim Center beginning June 18. **Lesson refunds:** Refer to the 7-day cancellation policy on page 30.

Thank You Swim

FREE SWIM for lesson participants at RLCC Pools. Bring your lesson registration receipt to the front desk and sign up for a special free swim from 10 am–noon on 8/16. Children 6 years and under must be accompanied by an adult (adult admitted free.)

Water Exercise

Designed for all ages. These exercise programs use water as resistance to displace 90 percent of your body weight, eliminating stress on the joints. Develop increased flexibility, cardiovascular fitness, and muscle tone in a refreshing environment.

• Deep Water Exercise

Non-impact, intense aerobic, exercise class which challenges cardiovascular endurance, develops muscle strength, endurance and flexibility. Participants should feel comfortable in deep water. Floatation equipment and hand buoys provided for used in class. Limited to 20. LARPD may cancel classes due to low participation.

• Shallow Water Exercise

Low-impact water exercise class which can help build cardiovascular endurance, strength and flexibility. No swimming ability required.

Deep Water Exercise—RLCC Pool	
6/15–8/31	
MWF	8–8:55 am
MW	5:30–6:25 pm
Sat	7:45–8:40 am
Shallow Water Exercise—May Nissen	
6/18–8/15	
TTh	8:30–9:25 AM
Drop-in Fee: \$7 per class (both pools)	
Punch Card	
\$60 for 10 classes; \$115 for 20 classes; \$170 for 30 classes	
No morning class 6/10–6/13, 6/17, 7/4, 7/27. No evening class 6/17, 8/5, 8/7.	

Synchronized Swimming

8 yrs+

Erin McClelland-Bane RLCC Lap Pool

Introductory program designed for swimmers who have limited or no synchronized swimming experience. Learn and perfect basic skills and figures such as Eggbeater, Sculling, Ballet Leg, and a synchronized swimming routine. Show off talents to parents/friends at an end-of-session presentation. Must be able to swim 25 yards front crawl. 13 classes. There will be a performance the evening of 7/31.

MW 6/19–7/31 1–2:30 pm \$125

Lifeguard Training

15 yrs+

RLCC Pool

The American Red Cross Lifeguard Training Course covers the skills and knowledge needed to prevent and respond to aquatic emergencies in the swimming pool environment. Victim recognition, surveillance and equipment-based rescues are emphasized. Certifications received upon successful completion: CPR for the Professional Rescuer—valid for one year, Lifeguarding and First Aid—valid for three years. Prerequisites: Participants must be **15 years of age** by the end of the course and pass the pre-course swim test. Fee includes books and materials. **Attendance at all classes required for certification.**

M–F 6/18–6/28 1–4 pm \$225

LARPD Electric Eels Swim Team

Cochair Matt Croghan

The Electric Eels are part of the Valley Swim League! LARPD's summer recreational swim team open to youth who are able to swim one pool length (25 yds) continuously, using any of the four competitive swimming strokes (freestyle, backstroke, breaststroke, butterfly). Focus is on stroke development and an introduction to the sport of swimming.



Electric Eel Dates

Sat 5/18 9–10 am Registration
10 am Parents' Meeting/
Coaches meet swimmers
Sat 7/27 League Championship

Valley Swim League Opponents:

Castlewood Barracudas, LVTC Fireballs, PVC Dolphins, Rhonewood Sharks, Ruby Hill Riptides, San Ramon Aquabears, and Sunset Sunsets.

Swim Team Workout Schedule			
5/28–6/13			
Ages	Days	Times	Fee
5–8 yrs	M–Th	3:30–4:15 pm	\$155
9–12 yrs	M–Th	4:15–5:15 pm	\$155
13–18 yrs	M–Th	5:15–6:30 pm	\$155
6/18–7/27			
5–8 yrs	M–F	9:15–10 am	
9–12 yrs	M–F	8:15–9:15 am	
13–18 yrs	M–F	7–8:10 am	
No Practice 7/4			

L A R P D



USWP-LARPD Water Polo Team

LARPD Staff

RLCC Pool

LARPD has a United States Water Polo team (USWP) governed by USWP, which encourages high standards of play and good sportsmanship. As a USWP Club team, all practices and competitions will be sanctioned, requiring all participants to be currently registered with USWP. Become a member at www.usawaterpolo.org. No practice on 5/27, 6/13, 6/14, 7/4. Drop-in fee: \$15.

• 14 and Under Level I Water Polo Team

Designed for boys and girls 8th grade and under, who are new to the sport or are inexperienced water polo players. Must be able to swim 50 yards without stopping. Coaches may move players to Level II depending on skills. Scrimmages and weekend tournaments are being arranged.

MWF 4–5:30 pm 5/20–7/26 \$265

• 14 and Under Level II Water Polo Team

Designed for boys and girls 8th grade and under, who have intermediate to advanced water polo skills. Coaches may move players to Level I depending on skills. Scrimmages and weekend tournaments are being arranged.

TThF 4–5:30 pm 5/21–7/26 \$265

• 15 and Up Water Polo Team

Go beyond the basics. Improve conditioning. Develop team skills. Scrimmages and weekend tournaments are being arranged.

Girls

TThF 5:30–7:15 pm 5/21–7/26 \$265

Boys

TThF 7:15–9 pm 5/21–7/26 \$265

Water Polo Conditioning

14–18 yrs

Get in shape for the start of high school water polo at RLCC Pool.

Girls

M–F 8/5–8/9 5–7 pm \$50

Boys

M–F 8/5–8/9 7–9 pm \$50

Summer Aquatics
Camps on page 3

PRESCHOOL

Livermore Area Recreation and Park District Preschool programs offer parent participation for children 3 mos–6 yrs of age. Programs are located at the Christensen and Croce Schools, Jane Addams House, Little House, May Nissen Park and the Robert Livermore Community Center. To register, or for more information, call the Preschool Office, 960-2486. Additional classes may be added in the future. If classes do not meet minimum enrollment they may be cancelled. Enrollment continues until classes fill, at which point you will be placed on a waiting list. No class during the week of spring break, Thanksgiving, winter break and on federal holidays. Fees subject to change.

Baby & Me

3–12 mos

Little House, 85 Trevarno Rd.

This weekly gathering is for babies. There will be time to discuss normal development and common concerns about child rearing in a relaxed environment. Circle time fun, finger plays, sensory experiences and motor development opportunities are included during class time.

Th 9/12–11/21 11:00 am–noon \$80

Wonderful Ones

12–17 mos

Little House, 85 Trevarno Rd.

The class fosters perceptual motor skills and encourages children to explore, socialize and play in an open area. The class offers opportunities for parents to sing along; do simple finger plays, while introducing children and parents to group play. Class time is 45 minutes, one day per week.

T 9/10–11/19 9:00–9:45 am \$73

W 9/11–11/20 9:00–9:45 am \$73

Toddler Time

18–36 mos

Little House, 85 Trevarno Rd.

This class provides an opportunity for parents with toddlers to work on developing language, cognitive and social skills through fun activities based on art, music, story time and other sensory activities. Class time is 90 minutes, one day per week.

Th 9/12–11/21 9–10:30 am \$121

Terrific Twos

25–36 mos

Little House, 85 Trevarno Rd.

With the same socialization and play opportunities as the Wonderful Ones, children will be introduced to activities that address the ability to start interactive socialization with other children and develop increased motor skills. Parents are encouraged to move, do finger plays and participate throughout the class. Class time is 60 minutes, one day per week.

T 9/11–11/13 10–11:00 am \$80

Mommy & Me

(Note new locations and times)

2–3 yrs

Jane Addams 1310 Murdell Lane;
Little House 85 Trevarno Road

Mommy and Me – where your child can learn the routines of pre-school with the comfort of a parent or guardian. Parents enjoy being with their child as they experience circle time, music and movement, art and outside play on the playground. Pack a healthy snack each day. Class time is 2 hours, one day per week. *Evening class is 1.5 hrs. No class 11/11.

M 9–11 am 9/19–11/18 \$144
at Little House

T 12–2 pm 9/11–11/13 \$156
at Jane Addams

W 10–12 am 9/12–11/14 \$156
at Little House

W* 6–7:30 pm 9/12–11/14 \$100
at Jane Addams

Th 12–2 pm 9/13–11/15 \$156
at Jane Addams

F 9–11 am 9/14–11/16 \$156
at Little House

Note: Tiny Tots and Pre-K classes begin the week of Sept. 2, 2013.

Tiny Tots

3–4 yrs

Classes geared to the developmental needs of 3 yr olds. Play-based class offers theme related play, social experiences and opportunities to make choices and begin to develop self-control. Children must be 3 yrs of age by 12/1/13 and potty trained. Parents volunteer in their child's classroom on a rotating basis. Non Co-op parents (who do not work in child's class) must pay add'l \$25 per month.

Pre-Kindergarten

4–5 yrs

Class designed for 4 yr olds who will enter Kindergarten the following year. Class provides opportunities for children to develop independence, self-control, a positive self-image and age-appropriate skills. Children are encouraged to engage in dramatic play, art, music, math, science and pre-reading activities, with free time to explore the variety of toys and play with friends. Children must be 4 yrs of age by 12/1/13 and potty trained. Parents volunteer in their child's classroom on a rotating basis. **Non Co-op parents (who do not work in child's class) must pay add'l \$35 per month.**

• Christensen, 5611 Bridgeport Circle

Tiny Tots TTh 9–11:30 am \$130

Pre-K MWF 9 am–Noon \$235

• Croce School, 5650 Scenic Ave. Rm #35

Tiny Tots TTh 9–11:30 am \$130

Pre-K MWF 9–noon \$235

• Robert Livermore Community Center, Rec Bldg. Poppy Room

Tiny Tots TTh 9–11:30 am \$130

Pre-K MWF 9 am–Noon \$235

• Jane Addams, 1310 Murdell Lane

Tiny Tots TTh 8:30–11 am \$130

TTh 9 am–11:30 am \$130

Pre-K MWF 8:30–11:30 am \$235

MWF 9–Noon \$235

MWF 12–2:30 pm \$195

• May Nissen, 685 Rincon Ave.

Tiny Tots TTh 9–11:30 am \$130

Pre-K MWF 9– Noon \$235

Preschool
Camps
in special
CAMP
POSTER
insert



YOUTH DANCE

Livermore Ballet School

3 yrs & up

April Wagner

RLCC

Beginning-advanced levels, with performance opportunities for all. April Wagner received her early training with Sherida Sullivan at the Dance Boutique and professionally trained with Contra Costa Ballet. She received scholarships to Joffrey Ballet, Pacific Northwest Ballet & Pennsylvania Ballet, among others. Ms. Wagner spent 3 consecutive summers with School of American Ballet at Lincoln Center in NYC and has taught ballet for 10 years in San Diego and the Bay Area. Students placed by age with no exceptions. 6 weeks. No class 7/4. Livermore Ballet School offers the following classes:

- **Fairy Tale Ballet, 3-4 yrs**
W 5:45-6:30 pm 6/26-7/31 \$64
- **Fairy Tale Ballet, 3-5 yrs**
W 3-3:45 pm 6/26-7/31 \$64
- **Fairy Tale Ballet, 4-6 yrs**
T 5:45-6:30 pm 6/25-7/30 \$64
- **Ballet 1, 5-7 yrs**
W 3:45-4:45 pm 6/26-7/31 \$64
- **Ballet 2-3, 8 yrs+**
W 4:45-5:45 pm 6/26-7/31 \$62
- **Ballet 3-4, 9 yrs+ (teacher approval)**
Th 3:45-4:45 pm 6/27-8/1 \$62
- **Ballet 4, 10 yrs+ (teacher approval)**
T 3:45-4:45 pm 6/25-7/30 \$62
- **Pointe, 11 yrs+ (teacher approval)**
T 4:45-5:45 pm 6/25-7/30 \$60
Th 4:45-5:45 pm 6/27-8/1 \$60

Studio 8 Dance & Performing Arts Center NEW

2.5-9 yrs

Studio 8 Dance Staff

RLCC

Studio 8 teaches technical skills while building confidence. Students learn artistry, technique and self-expression. Studio 8 strives to promote a healthy positive experience. Visit www.studio8pac.com. Studio 8 offers the following classes.

• **Tiny Dancers (Parent Participation)**

2.5-3.5 yrs

A perfect "first dance class". Young dancers learn the basics of jazz and ballet while developing motor, social and coordination skills. This parent participation class includes: kicks, jumps, turns, creative dance movement, memory games, scarf dancing, and exploration with musical instruments. Parent participation is required. Boys and girls welcome. Wear dancewear and ballet shoes or bare feet. No siblings or guests in classroom during class time. 8 classes.

M 3-3:30 pm 6/24-8/12 \$128

• **Itty Bitty Hip Hop**

3-5 yrs

A high energy hip hop class for young dancers! Class features a creative approach to teach hip hop basics. Fun imagination games and props incorporated to engage the young dancers. Class helps develop coordination, rhythm and motor skills. Fun, upbeat, age appropriate, popular music used. 8 classes.

M 3:30-4:15 pm 6/24-8/12 \$128

• **Junior Hip Hop**

6-9 yrs

Come learn fun and funky moves to the latest music! Class begins with a warm up, continues with across the floor progressions, and culminates with an energetic Hip Hop dance routine. This class uses a creative approach to teaching young dancers hip hop movement. Age appropriate music used. Wear dancewear and clean tennis shoes. 8 classes.

M 4:15-5:15 pm 6/24-8/12 \$128

Xtreme Force Summer Dance

2-12 yrs

Xtreme Force Dance

847 Rincon

Shake It Up Livermore is back! And ready to have an amazing summer performance at the Livermore Children's Fair. The following classes work on dance skills and routines to the newest music. All classes learn their own class routine, opening and grand finale. No costumes required, dancers can dress in their own Superstar attire. Performance not required. For more information email xtremeforcedancer@gmail.com. Xtreme Force Summer Dance offers the following classes.

• **Shake It Up Livermore -Hip Hop**

6-12 yrs

Focus is on hip hop technique and skills such as isolations, stretch, coordination, rhythm and more. Wear comfortable clothes and clean tennis shoes. Dancers work on routines for their Shake it Up performance. 12 classes.

• **6-8 yrs**

W 4:30-5 pm 6/26-9/11 \$89

• **9-12 yrs**

W 5-5:45 pm 6/26-9/11 \$92

• **Shake It Up Livermore -Jazz, Hip Hop, Ballet**

2-12 yrs

Focus is on jazz, ballet, hip hop and tap skills. Dancers work on terminology stretch and more. All dancers will work on routines for their Shake it Up performance. No class on 9/2. 12 classes.

• **8-12 yrs**

M 4:45-5:30 pm 6/17-9/9 \$92

• **5-7 yrs**

M 6-6:45 pm 6/17-9/9 \$89

• **2-3 yrs**

Th 4:30-5 pm 6/27-9/12 \$89

• **3-5 yrs**

Th 5-5:45 pm 6/27-9/12 \$92

• **7-10 yrs**

Th 5:45-6:30 pm 6/27-9/12 \$92

• **Princess Dance and Tea**

2-4 yrs

Dancers work on ballet and tap skills while dancing to their favorite princess music. Enjoy a tea time and a craft at the end of class. Dancers can wear tap and ballet shoes to class and their princess gowns. No class 7/3. 6 classes.

• **2-3 yrs**

W 3-3:45 pm 6/19-7/31 \$72

• **4-6 yrs**

W 3:45-4:30 pm 6/19-7/31 \$72



TOT DROP®

Toddler Recreation
by Appointment

1-888-TOT-DROP

Only come when you want.
Only pay when you come.



like traditional playschool but flexible, pay as you go, perfect for non-traditional schedules. Ages 1-5 years.

Days: T, W, Th, F

Location: 2155 Third Street

• Fees: \$10/ hour

• Hours: anytime 9 am - 1 pm



TOT DROP is a unique recreation program for preschoolers that allows parents to design their child's class schedule. Just

YOUTH GYMNASTICS

Livermore Gymnastic Center

1.5–12 yrs

Livermore Gymnastic Staff

4039 1st St.

• Kindergym

1.5–3 yrs

Explore movement and social interaction in a fun and safe environment. Climbing, swinging, jumping and balancing are just a few of the activities offered in this class. 6/5 classes.

T	9:30–10:15 am	6/4–7/9	\$102	7/16–8/13	\$85
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• Hotdoggers

3–5 yrs

Rings, balance beam, rope ladder, trapeze are just a few of the apparatus used to challenge your preschooler. This is an excellent class to develop large motor skills needed for Kindergarten. 6/5 classes. No class 7/4, 7/6.

M	10:30–11:15 am	6/3–7/8	\$102	7/15–8/12	\$85
M	5:30–6:15 pm	6/3–7/8	\$102	7/15–8/12	\$85
T	10:30–11:15 am	6/4–7/9	\$102	7/16–8/13	\$85
W	9:30–10:15 am	6/5–7/10	\$102	7/17–8/14	\$85
Th	4:15–5 pm	6/6–7/11	\$102	7/18–8/15	\$85
Sat	9:15–10 am	6/1–7/13	\$102	7/20–8/17	\$85

• Tumblers

4–6 yrs

Help your child gain body awareness and confidence by learning gymnastic event basics on equipment scaled and designed for their age and ability. 6/5 classes. No class 7/4, 7/6.

M	9:30–10:15 am	6/3–7/8	\$102	7/15–8/12	\$85
T	4:30–5:15 pm	6/4–7/9	\$102	7/16–8/13	\$85
T	5:15–6 pm	6/4–7/9	\$102	7/16–8/13	\$85
Th	6–6:45 pm	6/6–7/11	\$102	7/18–8/15	\$85
Sat	10:15–11 am	6/1–7/13	\$102	7/20–8/17	\$85

• Boys

6–10 yrs

An exciting class designed for boys just starting out in gymnastics. Instruction covers cartwheels, forward and backward rolls and parallel bars, trampoline, tumble trak and ring work. 6/5 classes.

W	4:45–5:30 pm	6/5–7/10	\$102	7/17–8/14	\$85
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• Junior Girls

6–8 yrs

A great class for girls just starting out in gymnastics. Class covers cartwheels, handstands, forward and backward rolls, and bar, trampoline, tumble trak and beam work. 7/5 classes. No class 7/6.

Sat	11–11:45 am	6/1–7/13	\$102	7/20–8/17	\$85
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• Coed Gymnastics

6–12 yrs

Class covers beginning gymnastics and tumbling skills in a nurturing environment. Students use the four event apparatus, and the tumble trak and mini trampoline. 6/5 classes.

T	6–7 pm	6/4–7/9	\$114	7/16–8/13	\$95
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• Beginning Girls

6–12 yrs

Same as Coed Gymnastics, for girls only. No class 7/4. 6/5 classes.

M	4:30–5:30 pm	6/3–7/8	\$114	7/15–8/12	\$95
M	6:30–7:30 pm	6/3–7/8	\$114	7/15–8/12	\$95
W	5:30–6:30 pm	6/5–7/10	\$114	7/17–8/14	\$95
Th	5–6 pm	6/6–7/11	\$114	7/18–8/15	\$95



Tumbling & Trampoline Gymnastics

1.5–18 yrs

Springtime Staff

5715 Southfront Rd. #D

Learn trampoline and tumbling skills on five different trampolines and a super bouncy tumbling strip. Designed for boys and girls of all fitness levels. Instructors are all adults with USA gymnastics safety and trampoline coaching certification. Complete the waiver at www.tumblingandtrampoline.com. Participants must wear sport-type clothing and socks. No buttons, zippers, snaps or jeans. Tumbling & Trampoline Gymnastics offers the following classes:

• Parent Tot TnT

1.5–3 yrs

Parents participate in a 45-minute class with their child. The instructor leads the age appropriate activities. 4/5 classes. No class 7/4.

T	9:15–10 am	6/18–7/16	\$114	7/23–8/20	\$114
W	9:15–10 am	6/19–7/17	\$114	7/24–8/21	\$114
Th	9:15–10 am	6/19–7/18	\$91	7/25–8/22	\$114
Sat	9–10 am	6/22–7/20	\$126	7/27–8/24	\$126

• Mini Bouncers TnT

3–5 yrs

Children ready to participate without a parent must be able to follow the instructor. Class develops basic skills in a energetic and safe environment. 4/5 classes. No class 7/4.

T	9:15–10 am	6/18–7/16	\$114	7/23–8/20	\$114
W	9:15–10 am	6/19–7/17	\$114	7/24–8/21	\$114
Th	9:15–10 am	6/19–7/18	\$91	7/25–8/22	\$114
Sat	9–10 am	6/22–7/20	\$126	7/27–8/24	\$126

• School Age TnT

4–13 yrs

Basic to advanced trampoline and tumbling skills taught in this progressive class. 4/5 classes.

4–9 yrs

M	9–10 am	6/17–7/15	\$126	7/22–8/12	\$101
W	4:45–5:45 pm	6/19–7/17	\$126	7/24–8/21	\$126
F	9–10 am	6/21–7/19	\$126	7/26–8/16	\$101

9–13 yrs

M	9–10 am	6/17–7/15	\$126	7/22–8/12	\$101
W	4:45–5:45 pm	6/19–7/17	\$126	7/24–8/21	\$126
F	9–10 am	6/21–7/19	\$126	7/26–8/16	\$101

• Cheerleading Tumbling

9–18 yrs

Class concentrates on tumbling that Cheerleaders use. Designed for beginner or intermediate tumblers. 4/5 classes. No class 7/4.

W	6:45–7:45 pm	6/19–7/17	\$126	7/24–8/21	\$126
Th	6:45–7:45 pm	6/19–7/18	\$101	7/25–8/22	\$126

YOUTH MARTIAL ARTS

Aikido of Livermore Shinrei Dojo

3985 First St., Suite C

Aikido for Kids

Monthly

7-12 yrs

Offers a learning environment that teaches respect while allowing the children to have fun. Careful instruction in the technical and philosophical aspects of Aikido while maintaining an exciting environment for learning. Children practice their rolling, falling and coordination skills by playing games and focus on skills to foster awareness and concentration. The goal is to offer an alternative to situations involving conflict and its resolution. Ongoing monthly class and registration is taken anytime.

M 7-9 yrs 6-7 pm \$52/mo
Sat 10-12 yrs 9:30-10:30 am \$52/mo

Kinder Pandas Judo / Jujitsu

Monthly

3-6 yrs

Prof. Rory Rebmann 847 Rincon Ave.

In this energetic highly specialized class, our Pandas learn everything from whole body coordination, confidence, independence, self-defense skills, falling safely, wrestling to tumbling. Students develop strength, flexibility and self-discipline in a safe, positive, age appropriate learning environment. All classes lead to nationally ranked belt promotions. Ongoing monthly class and registration taken anytime.

T 4:15-5 pm \$42/mo
Th 6-6:45 pm \$42/mo
Sat 10:30-11:15 am \$42/mo

Jr. Samurai Judo / Jujitsu

Monthly

5-10 yrs

Prof. Rory Rebmann 847 Rincon Ave.

Traditional mixed martial art, practiced internationally. Jujitsu incorporates techniques from Karate, Judo and Aikido. Class instruction is individualized and age appropriate. Students become more physically fit and learn whole body coordination, safe falling, self-defense techniques, tumbling and grappling. Ongoing monthly class; registration taken anytime. Instructor holds a 10th degree Black Belt.

M 5:30-6:30 pm \$62/mo
T 5:30-6:30 pm \$62/mo
Th 5:30-6:30 pm \$62/mo
Sat 11 am-Noon \$62/mo

Cyclone Martial Arts

4555 Las Positas Rd., Unit E

Kids Martial Arts Program

Monthly

Kids program designed using a combination of four different disciplines; Brazilian Jiu-Jitsu, Tae Kwon Do, Boxing and Wrestling. Each discipline is taught separately by highly qualified instructors. Our focus is not only on the technical aspect of each art, but also on respect, discipline, self-confidence, integrity and self-control. Children's activities run Monday-Friday from 4-6 pm. For more information visit www.cyclonemma.net, 925-373-1400 or cyclonemma@gmail.com.

Fee: \$109 unlimited training, 5 days a week, all disciplines, which are listed below.

• Boxing

Uzziel Islas

6-14 yrs TTh 4-5 pm

• Brazilian Jiu-Jitsu

Marcel Fortuna

5-14 yrs M-F 5-6 pm

• Tae Kwon Do

Tatiana Francischetti

4-8 yrs MWF 4-5 pm

9-16 yrs MWF 5-6 pm

• Wrestling

Tony Claudillo

6-14 yrs MWF 4-5 pm

"Martial Arts help teach self-discipline and socialization skills. In fact, many parents report great success with these programs for developing their child's self-control and concentration skills."
-parenting.com

Livermore Martial Arts Academy (LMAA)

4070 East Ave.

• Children's Karate/Martial Arts

3-14 yrs

An international study was done to understand the growth and development stages of children between the ages of 3 to 14. Children were evaluated on the physical, intellectual, social, and emotional stages. From those results, a comprehensive format for martial arts education was created. This means classes target the students' stages of development to the point where each class is not too challenging or too easy. Child safety tips against abduction and anti-bullying are emphasized in the program. Chief Instructor is a police officer with 18 years law enforcement and over 30 years martial arts experience. 4 classes. No class 7/19. www.livermoregotkicks.com.

• 3-4 yrs

M 4-4:30 pm 6/10-7/8 7/15-8/5 \$55

W 4-4:30 pm 6/12-7/10 7/17-8/14 \$55

• 5-6 yrs

M 4:30-5:15 pm 6/10-7/8 7/15-8/5 \$55

• 7-9 yrs

F 5-5:45 pm 6/7-6/28 7/26-8/16 \$55

• 10-14 yrs

F 5:45-6:30 pm 6/7-6/28 7/26-8/16 \$55

• Anti Bullying/Anti Abduction & Child Safety Seminar

7-12 yrs

Bullying is an epidemic in our country. Children of every age are vulnerable to the risk of bullies. More than 160,000 American students miss class every school day due to fear of physical harm. Your child will learn: Avoiding common playground altercations; How to handle name calling and teasing; Protecting personal "space" and possessions; Verbal skills to back off a bully; Physical escapes from grabs. Chief Instructor is a police officer with over 30 years martial arts experience. 1 class.

F 6-7:30 pm 8/2 \$17



YOUTH SPECIAL INTEREST

art

Art for Children: Paint, Draw & Sculpt like Famous Artists

K-12th

Thomasin Dewhurst

RLCC

Paint with dots like the Pointillist, Georges Seurat; use vibrant color like Vincent van Gogh; create dramatic light and dark like the Renaissance artists; make a mobile sculpture like Alexander Calder – these are some of the exciting projects planned for this course. Students grouped according to age to learn simple but effective techniques while gaining knowledge of famous styles from art history. 6 classes.

W 1:30–3 pm 6/19–7/17 \$145

first aid & safety

Child & Babysitting Safety

12-18 yrs

American Safety Academy

RLCC

Babysitting is not just 'watching' the children, it's being responsible for their safety and well being. Everything in the home can be replaced, except a child. Course focuses on setting up your business, safety and emergency response, diapering, playtime, bedtime, interacting with parents and more! Wear comfortable clothing and closed toe footwear. Bring a lunch. 1 class.

T 7/9 10 am–2:30 pm \$63

T 8/13 10 am–2:30 pm \$63

Pet First Aid

12 yrs+

American Safety Academy

RLCC

Would you know what to do if your cat or dog stopped breathing or started choking? In addition to providing daily care, love and affection, your best friend depends on you in an emergency. Topics include: recognizing an emergency, performing CPR, stopping bleeding, responding to choking, treating burns, treating common illnesses and poisoning, how to stock a first-aid kit for your pet and more! American Red Cross course. 1 class.

Sat 7/13 11 am–2 pm \$49

Sat 8/24 11 am–2 pm \$49

music

Classroom Music for Little Mozarts

3.5-6 yrs

Galina's Music Studio

2222 Second St. #2

Join Beethoven Bear, Mozart Mouse and their Music friends as they learn about Music in creative, exciting and imaginative atmosphere in the classroom. Parents welcome to attend this class with their children. 11 classes. No class 7/5.

F 11 am–Noon 6/7–8/16 \$167

Kids on Guitar!

5-12 yrs

Galina's Music Studio

2222 Second St. #2

Teaches students to play songs on the guitar right away. Students receive a guitar course book and learn from three irresistible guitar experts – a clever, classical dog, one cool jazz cat, and a friendly alligator who loves the blues. Get ready to take your first, best step toward a lifetime of musical enjoyment! 6 classes.

• **5-7 yrs**

M 3:30–4:15 pm 6/17–7/22 \$122

• **8-12 yrs**

Sat Noon–12:45 pm 6/22–7/27 \$122

Piano for Beginners

5-12 yrs

Galina's Music Studio

2222 Second St. #2

Offers easy step by step piano instruction for beginners. Students will be able to play satisfying and entertaining pieces from the very first lesson! These lessons taught in a fun and supportive environment while learning the fundamentals of music notation, music theory and rhythm. 6 classes

• **5-7 yrs**

W 9–9:45 am 6/19–7/24 \$132

W 3:30–4:15 pm 6/19–7/24 \$132

Sat 9–9:45 am 6/22–7/27 \$132

• **8-12 yrs**

W 10–10:45 am 6/19–7/24 \$132

W 4:30–5:15 pm 6/19–7/24 \$132

Sat 1–1:45 pm 6/22–7/27 \$132

Kid's Ukulele

5-12 yrs

Galina's Music Studio

2222 Second St. #2

Teaches students to play songs on the Ukulele right away. Students receive a Ukulele course book and learn from three irresistible ukulele experts – a clever, classical dog, one cool jazz cat, and a friendly alligator who loves the blues. Get ready to take your first, best step toward a lifetime of musical enjoyment! 6 classes.

• **5-7 yrs**

Sat 9–9:45 am 6/22–7/27 \$122

• **8-12 yrs**

Sat 1–1:45 pm 6/22–7/27 \$122

Vocal Lessons

8-12 yrs

Galina's Music Studio

2222 Second St. #2

Class covers songs ranging from folk to popular hits; including music from the popular show Glee and Disney favorites. Lessons introduce students to ear training, breathing techniques, vocal and diction exercises and harmonizing with others. 6 classes.

T 1–1:45 pm 6/18–7/23 \$147

**Check out art, dance, science sports
Camps in the new special poster insert!**

science

Engineering Classes

7-13 yrs

Minerva Learning LLC Staff

RLCC

• Aerospace Engineering I

7-10 yrs

Introduces young engineers to the science and engineering behind airborne vehicles. Through fun-filled hands-on activities, participants build and experiment with rockets, kites and rubber band powered airplanes. Through the course of the workshop, participants exposed to concepts of force, motion, prediction, data collection and analysis. 1 class.

M 9 am-3:30 pm 8/5 \$148

• Mechanical Engineering I

7-10 yrs

Introduces young engineers to basics of mechanical engineering. Through building and experimenting with mousetrap-powered vehicles, balloon powered racers. Students build and race their magnetic levitation vehicles that use strong magnetic field to keep the vehicle floating without touching the ground. Participants exposed to concepts of force, motion, torsion, potential energy and magnetism and performing data gathering and analysis. 1 class.

T 9 am-3:30 pm 8/6 \$158

• Meet Mr. T-Bot

10-13 yrs

This versatile hydraulic robot arm allows participants to perform various activities to explore simple machines, mechanical advantages, hydraulics and much, much more. Working during their meetings, students build and explore their personal robot and discover fun and interesting uses for hydraulics in everyday life. Students allowed to take home their robot to show their family and continue to explore and test the possibilities of mechanics and hydraulics. 1 class.

W 9 am-3:30 pm 8/7 \$163

• Simple and Motorized Mechanisms

10-13 yrs

In this hands-on course, participants get a basic understanding of simple building and programming of machines with specially designed LEGO® kits that let participants dive into the world of simple, motorized, and pneumatic mechanisms, and being able to experiment and explore the many possibilities that these present. 1 class.

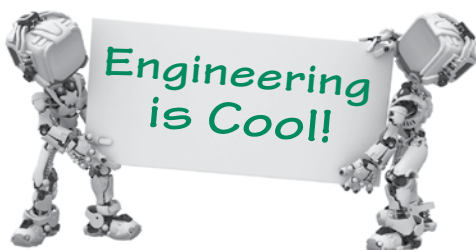
Th 9 am-3:30 pm 8/8 \$148

• Simple Mechanisms I

7-10 yrs

Let participants get hands-on experience with the with the simplest machine systems that are used in our lives every day: gears, wheels, axles, levers, and pulleys. While experimenting and exploring their uses of these mechanisms in day to day life. 1 class.

F 9 am-3:30 pm 8/9 \$148

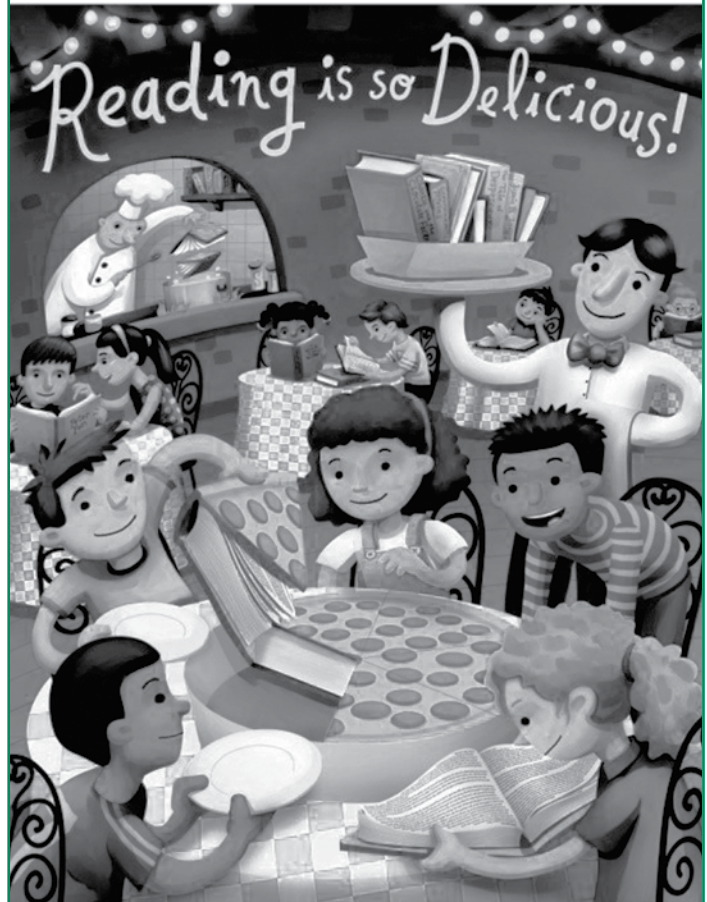


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presents

Summer Reading Program for all ages...



Reading is So Delicious!
June 14 – August 17, 2013

Livermore Public Library
1188 S. Livermore Avenue

Prizes – Shows – Storytime

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www.livermorelibrary.net
or call 373-5500
for more details

LIVERMORE
CALIFORNIA

LIVERMORE PUBLIC LIBRARY

YOUTH SPECIAL INTEREST

summer 2013

11

YOUTH SPORTS

FRIDAY NIGHT Youth Drop-In Sports

NEW

12-17 yrs
8-10 pm 6/14-8/16 RLCC Gym



Basketball & Volleyball
All participants must buy drop-in pass. 5 visits \$15, 10 visits \$25, 20 visits \$40. Only non-scuff athletic shoes permitted in the gym. No gum. Must have parent/guardian sign waiver. Schedule is for Summer only.

Youth 3-on-3 Basketball Clinics

Entering 3rd-8th grades RLCC Gym

Improve skills in low-stress, healthy competition environment. 3-on-3 fundamentals improve all skill levels. Allows each player to be more involved than full court 5-on-5 and allows for greater development of basics. 30-minute clinic followed by 3-on-3 games. Co-ed. No program 7/5. Fee: \$50 or \$8 daily drop-in.

Grs. 3-5 F 6/21-8/16 5-6:30 pm

Grs. 6-8 F 6/21-8/16 6:30-8 pm

Instructors experienced in coaching, playing at competitive levels. For more information or interest in volunteering please email zsilva@larpd.dst.ca.us or call 373-5733.

Flag Football Summer Instructional League

8-14 yrs

LJFL Staff

Robert Livermore Park

In collaboration with the Livermore Jr. Football League, this exciting program returns for an introduction to the sport, including the basic concepts of the game, and an opportunity to play on a recreational team without the intensity of full contact football. Fee includes instruction by experienced coaches, a football jersey, and certificate of completion. Bring molded multi-crest (non-metal) athletic shoes, water, and towel. Final meeting concludes with a special combined session Jamboree on Wed. 7/24. Go to www.LJFL.org. 12 meetings.

MW 5:30-7:30 pm 6/17-7/24 \$99

TENNIS – Future Stars 2000's

4-17 yrs Pat Tibbetts, PTR certified; Calvin Thompson, USPTA Pro 1

Dorothy Svets Tennis Complex

Future Stars 2000s' designed for beginner through intermediate students. Lessons taught in a positive atmosphere covering: grips, strokes, movement drills, and more.

Equipment: Students provide own tennis racquet and water. Tennis balls provided. Wear non-marking tennis shoes.

Class Descriptions:

Tiny Tots: Pre-Beginners 4-6 yrs.

Beginner (B): 7-14 yrs. New to Tennis or with limited experience.

Advanced Beginner (AB): 9-16 yrs. Exposure to all basic strokes and scoring, beginning to do some rallying.

Beginner/Advanced Beginner

(B/AB): 12-17 yrs.

Intermediate (Int): 12-17 yrs. Knowledge of all basic strokes, scoring and doubles strategy.

High Performance: Geared for players 10 and up ready to play tournaments or high school tennis. Class focus on modern stroke technique, footwork, court positioning, point play and strategy.

Private Lessons: Contact the Future Stars 2000s' instructor through LARPD at 925-373-5700 or go to our website www.larpd.dst.ca.us or contact Calvin at ThompsonTennis925@gmail.com or Pat at pattntennis@comcast.net.

DAY	CLASS	JUNE	JULY	AUGUST	TIMES	FEE
Sat	Tiny Tots	6/1-6/29 (\$25)	7/13-7/27 (\$16)	8/3-8/24	9:45-10:30 am	\$21
MW	Tiny Tots	6/3-6/19			3:45-4:30 pm	\$30
MW	Tiny Tots		7/8-7/24	8/5-8/14 (\$21)	9:15-10 am	\$30
Sat	B	6/1-6/29 (\$33)	7/13-7/27 (\$21)	8/3-8/24	10:30-11:30 am	\$27
MW	B	6/3-6/19			4:30-5:30 pm	\$39
MW	B		7/8-7/24	8/5-8/14 (\$27)	10-11 am	\$39
MW	B/AB	6/3-6/19			6:30-7:30 pm	\$39
MW	B/AB		7/8-7/24	8/5-8/14 (\$27)	Noon-1 pm	\$39
Th	B/AB-Home School	6/6-6/20			10:30 am-Noon	\$30
Sat	AB	6/1-6/29 (\$33)	7/13-7/27 (\$21)	8/3-8/24	11:30 am-12:30 pm	\$27
MW	AB	6/3-6/19			5:30-6:30 pm	\$39
MW	AB		7/8-7/24	8/5-8/14 (\$27)	11 am-Noon	\$39
Sat	AB/Int.	6/1-6/29 (\$33)	7/13-7/27 (\$21)	8/3-8/24	12:30-1:30 pm	\$27

SOCCER

Just 4 Kicks Soccer

3-9 yrs

Harley Ludwig Just4Kicks Soccer Staff

Almond Park

Just4Kicks conducts instructional lessons that develop skills and emotional development required for the game of soccer. Each session focuses on a particular aspect of the game, utilizing specifically designed activities. Typical session includes a warm-up, topic introduction, demonstrations, activities to learn, practice on a certain skill, recreational games and a soccer match. Emphasis is on learning and having fun, because we put the PLAY back into playing soccer.

• Pre-K Soccer

3-4 yrs

Explore all the exciting skills you can learn with a soccer ball. The dreaded "bunch ball" play typical at this age worked on through development and learning of group dynamics. Skills such as dribbling the ball, stopping, passing and social skills taught in a fun atmosphere. 8 classes.

Sat 6/29-8/17 5-5:30 pm \$80

• K Soccer

4-5 yrs

Learn to love soccer with the expectation of having fun. Skills introduced and built upon, while working on the team concept of soccer. Recreational games guide learning through play, so all those skills and drills begin to make the game and strategies of soccer really come together. 8 classes.

Sat 6/29-8/17 5:30-6:05 pm \$80

• K-1 Soccer

5-6 yrs

The Real Games Begin. Through the guidance and direction of Just4Kicks staff, playing and learning in a relaxed atmosphere with learning and growing being the main focus. Players work their skills by utilizing a practice method of game play. Scrimmages part of each class. Sportsmanship, fun and increased knowledge of the sport of soccer are part of K-1 Soccer. 8 classes.

Sat 6/29-8/17 6:05-6:50 pm \$80

check out
summer camps
in the summer
camps pull
out poster

• Soccer 2-4

7-10 yrs

Passing, shooting, dribbling, GOAL! Player development emphasizes on putting it all together, individual skills with team play. Instruction conducted through play and fun activities. Participants visually learn the "how and why," as the team works through scrimmages and game situations. Defensive and offensive tactics and strategies built on, through small-sided games. Emphasis on having a good time and learning rather than on winning or keeping score. Individual and team skills equally important at this level. Expectations of each position in a small-sided game format explained and developed for a truly exceptional soccer experience. 8 classes.

Sat 6/29-8/17 6:50-7:50 pm \$80



Kidz Love Soccer

2-6 yrs

Kidz Love Soccer Staff May Nissen Park

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" 8 classes.

• Mommy/Daddy & Me Soccer

2-3.5 yrs

Introduces you and your toddler to the "World's Most Popular Game"! As you and your child participate in fun age appropriate activities, your child develops his/her large motor and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action instead of watching from the sidelines!

W 6/19-8/7 9-9:30 am \$99

Sat 6/29-8/17 9-9:30 am \$99

• Tot Soccer

3.5-4 yrs

Little tykes enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards required after the first meeting.

W 6/19-8/7 9:40-10:10 am \$99

Sat 6/29-8/17 9:40-10:10 am \$99

• Pre Soccer

4-5 yrs

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards required after the first meeting.

W 6/19-8/7 10:10-10:45 am \$99

Sat 6/29-8/17 10:10-10:45 am \$99

• Soccer 1

5-6 yrs

Players learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games played every session, and every participant will have a ball at his/her feet. Small-sided soccer matches gradually introduced. Shin guards required after the first meeting.

W 6/19-8/7 10:45-11:30 am \$99

Sat 6/29-8/17 10:45-11:30 am \$99

Kidz Love Soccer, Skillz & Scrimmages

7-10 yrs

Kidz Love Soccer Staff May Nissen Park

Participants enjoy advanced skill building: dribbling, passing and shooting in a team play format. Focus on scrimmages that emphasize application of finer technical points. All levels welcome to come enjoy the world's most popular game! Each participant receives a soccer jersey. Shin guards required.

Sat 6/29-8/17 11:30 am-12:15 pm \$109



PAL

Middle School – Before- and After-School Program, Entering 6–8th grades

A before- and after-school program for middle school students located on middle school campuses – Christensen, East Ave., Junction, and Mendenhall. PAL is a year-round program available Mon through Fri from 7 am until school starts and after school until 6 pm; and during the summer from 7 am–6 pm Mon through Fri. The program provides a safe and fun environment, including field trips, recreational games and activities, homework time, and community service projects. Financial assistance is available for qualified participants. For more information, call 925-960-2483.

Year-round fee: \$265/mo year round with a \$50 non-refundable registration fee.

Summer-only care: \$395/mo summer only, plus \$50 non-refundable registration fee.



driving school

ALOHA Driving School

15 yrs & up

ALOHA Staff

1857 First St.

Learn the rules of the road and how to be a safe driver from ALOHA Driving School's DMV-certified instructors. Class provides 25 hours of classroom instruction, 6 hours of behind the wheel training* and certifies for Classroom Course Completion, Behind the Wheel Proof of Enrollment and Behind the Wheel Course Completion. *Students must pass DMV permit test at a DMV office prior to beginning Behind the Wheel Training.

F–M	5/24–5/27	8 am–3 pm	\$400
M–Th	6/17–6/20	8 am–3 pm	\$400
M–Th	6/24–6/27	8 am–3 pm	\$400
M–Th	7/8–7/11	8 am–3 pm	\$400
M–Th	7/22–7/25	8 am–3 pm	\$400
M–Th	8/5–8/8	8 am–3 pm	\$400
Sat–M	8/31–9/2,9/7	8 am–3 pm	\$400

music

Piano For Beginners

13–17 yrs

Galina's Music Studio

2222 Second St. #2

Course offers easy step-by-step piano instruction for beginners. Students will be able to play satisfying and entertaining pieces from the very first lesson. Learn the fundamentals of music notation, music theory and rhythm in a supportive environment. 6 classes.

M 10–10:45 am 6/17–7/22 \$137

Ukulele

13–17 yrs

Galina's Music Studio

2222 Second St. #2

Have you ever wanted to play an instrument you could sing along with? The ukulele is easy to learn and fun to play. Your first lesson will teach basic rhythms and chords while you learn to play a simple song. Additional lessons learn increasingly complex chords and fingering. So pick up that ukulele and join in the strumming! 7 classes. No class 7/4.

Th 6:15–7 pm 6/20–8/1 \$122

Vocal Lessons

13–17 yrs

Galina's Music Studio

2222 Second St. #2

Exciting and informative class covers songs ranging from Folk to popular music, Broadway and Musical Theatre favorites. Lessons include ear training, breathing techniques, vocal and diction exercises, and harmonizing with others. 6 classes.

T 2–2:45 pm 6/18–7/23 \$147

Leadership In Teen Experience (L.I.T.E.)

13–16 yrs

LARPD Staff

This program is designed for motivated teens who are interested in developing leadership skills while working with children in summer camp programs. Participants will be trained by LARPD staff and will assist in implementing camp activities. Participants are required to attend two mandatory class meetings at the RLCC. The first meeting, 5/2 at 6–7 pm to turn in participation packets and the second meeting, 5/16 at 6–8 pm to receive camp assignments, T-shirts, and participate in an orientation. Participation packets can be downloaded from the website or picked up at the Youth Services office at 71 Trevarno Rd. Please indicate T-shirt size when registering.

Program runs 6/17–8/16. For more information call (925) 960-2483.

Fee: \$40



OUTDOOR RECREATION

Open space parklands provide places for people to experience the natural world. Escape the city, enjoy park sights and sounds.

About Brushy Peak Regional Preserve

Brushy Peak Regional Preserve is a prominent landmark from both the Livermore Valley and the Central Valley. Steeped in Native American lore, pioneer history, and natural beauty, the Preserve has drawn people to its slopes for hundreds of years. To protect this unique place so that all can continue to experience its full beauty, the special protection area is open by guided tour only.

Brushy Peak Hike

You can explore the magical parkland know as Brushy Peak Regional Preserve The adventure (an approximately 4-mile hike) including an exploration of unique sandstone rock formations and moderately strenuous trek to the top of Brushy Peak. Closed to the public due to the sensitive nature of the preserve, guided group tours only. For more information call the LARPD Ranger Office at 960-2400. Participants under 18 must be accompanied by a parent. No refunds.

Sat July 20 9 am–2 pm \$30

About Sycamore Grove Park

Sycamore Grove Park is a 775 acre open space park in south Livermore. The park provides places for people to experience the natural world. Escape the city, and take a family outing, jog, ride a horse or bike, or enjoy a leisurely picnic.

Sycamore Grove Park Annual Parking Pass

2013 passes available now! For the avid park user, a parking pass represents a tremendous savings over the daily parking fee. Additional discount offered to people 60 yrs. and older. For more information, call 925-960-2400.

Weekend Nature Walks

Join the Sycamore Grove ranger staff for family nature programs and walks offered each weekend. Parking fee of \$5 and a donation of \$2 is requested to help support the program. For more information, or to be added to the email mailing list for the park's nature program newsletter Valley Wilds, call the park at 925-960-2400.

Camp Shelly - A Lake Tahoe Adventure

Looking for a special vacation experience for your family this summer? Head up to Lake Tahoe for a magical camping adventure at LARPD's Camp Shelly Family Campground.



Tucked away in a pine and fir forest on the south shore of Lake Tahoe, this intimate 25-site campground offers spacious campsites in a beautiful setting. Opportunities for bicycling, swimming, fishing, horseback riding, and hiking in the breathtaking Desolation Wilderness are just minutes away. Within the camp, visitors may enjoy a game of volleyball, horseshoes, or Ping-Pong while the kids ride their bikes around the paved campground loop. Rangers are on duty daily to assist you and to maintain the camp.

Each campsite has a parking slot, picnic table, fire pit with grill, food locker and a level spot to pitch a tent. Several sites can accommodate boats, tent trailers, and motor homes, a few can hold vehicles or trailers up to 28 feet in length and 10 feet in height. In addition, a few can accommodate people with mobility problems. A central rest room has flush toilets and hot showers.

2013 Camping Season

Camp Shelly opens Friday, 6/14 – Tuesday 9/3.

Camp Site Fee: \$35 per night, up to 8 people per site.

Vehicle Fee: First car included in the camping fee, second vehicle is \$5 per night (no more than two vehicles allowed per site).

Reservations Accepted

Reservations for Camp Shelly are not available online.

April 1: Special Needs. Advanced reservations for mobility impaired or special medical needs (documentation needed). Make reservations in-person at the Robert Livermore Community Center, 9 am–Noon.

April 3: Groups. Groups wanting to reserve a minimum of five sites for two or more nights may have a representative call the ranger office at 925-960-2400 between the hours of 8 a.m. and 5 p.m. An in-person appointment will be scheduled for Saturday, April 6th to complete the reservation. There will be an additional early registration fee of \$4 per site, per night.

April 13: General Public. Start of 2013 reservations, Robert Livermore Community Center, 9 am – Noon.

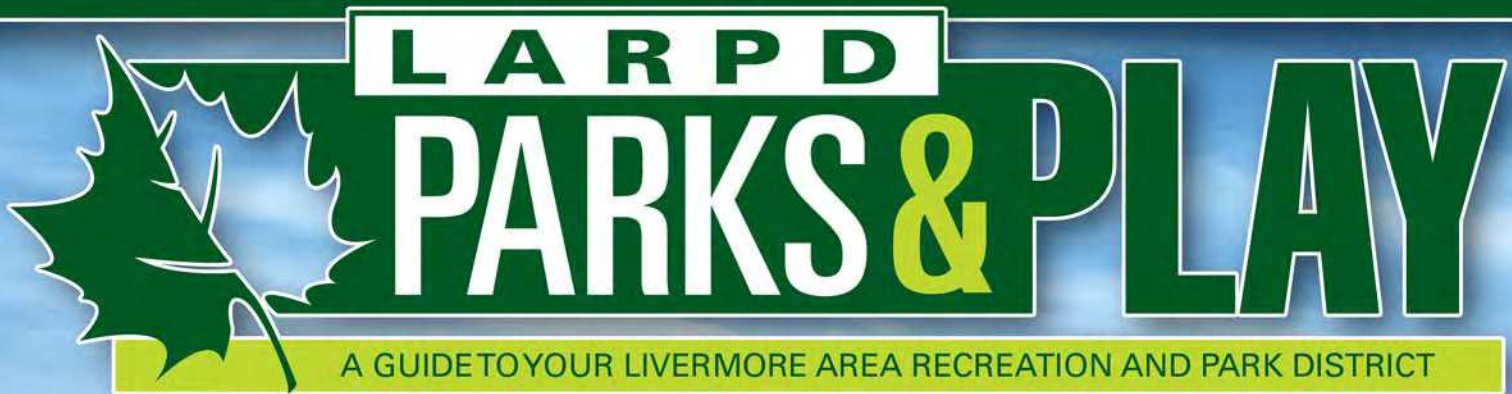
In Person: Begins Sat., Apr. 13, 9 am–Noon at Robert Livermore Community Ctr., 4444 East Ave., Livermore, CA
Weekdays beginning Mon., Apr. 15, 9 am–5 pm

By Phone: Credit card payment only, accepted at (925) 373-5700

By Mail: Download reservation form from the district's website, mail it with a check to RLCC, 4444 East Avenue, Livermore, CA 94550 (Attn: Camp Shelly)

*For more information on reservations, visit, www.larpd.dst.ca.us.





LARP D PARKS & PLAY

A GUIDE TO YOUR LIVERMORE AREA RECREATION AND PARK DISTRICT

LIVERMORE PLAYS! *As Oliver Wendell Holmes suggested "We do not quit playing because we grow old, we grow old because we quit playing." This is a simple reminder to take time to get out and play. It's easy to get caught up in busy schedules, but taking time to recreate at any age is fundamental for a happy life. And that's where your LARP D's Recreation Division offers a variety of engaging activities that keep you young at heart, even gleeful.*

**Parks
Make
Life
Better!**

District programs include not only pursuits for children but also "play" programs for adults of all ages. Listening to what residents want for recreational programming, the Recreation Division develops activities for worthwhile and enjoyable use of your precious leisure time.

Our staff brings a wealth of experience that enables the District to provide a wide range of quality and safe recreation programs. Staff members are college-educated in recreation and either played a sport collegiately or coached locally, and are professionally trained in CPR and First Aid.

Recreation Program Diversity

LARP D Recreation offers a wide array of enrichment opportunities for all ages and interests. Youth can participate in activities including sports leagues and many special interest recreational classes such as art, dance, gymnastics and martial arts.

Adults can get involved in recreational athletics through sports leagues, drop-in programs and tournaments, or take a variety of special interest classes ranging from cooking to art or computers to self-defense.

The "Parks & Play" recreational activity guide is published three times per year and mailed to all homes within the District. Here's where the community can find all the offerings right at their fingertips.

Summer Camps

There are more than 100 camps and programs available to provide fun for children all summer long. These enriching offerings are designed to be affordable with convenient locations and times.



Sports Leagues

Recreation is in the process of infilling parks to update and expand capacity for Livermore sports teams. Through a close partnership with the Livermore Valley Joint Unified School District, LARP D works to meet community needs for providing enough fields, pools and open spaces.



The most recent expansion is the newly completed Robertson Park Sports Fields. Two fields were converted from natural to synthetic turf with the help of co-sponsor Livermore Fusion that provided advance rental fees to partially finance the project. The artificial turf allows Livermore youth leagues in soccer, football, lacrosse and special programming to have more playing time and is being more "green" by conserving water resources.

Other sports fields managed include the Ernie Rodrigues Softball Complex, Max Baer Park, Christensen Park and Independence Park. Within Robertson Park alone, residents can also find an Equestrian Center with a covered arena and 6,000-seat stadium where the annual Livermore Rodeo is held. The Recreation Division also oversees the Sunken Gardens skate park and bicycle



*Jim Carlson,
Division Manager*

Get Out & Play!



**Livermore Area
Recreation & Park District**
An independent special district

A LITTLE

stunt course, BMX tracks, and bocce courts at Bothwell Park. Additionally, many independent sports groups and organizations such as Little League, lacrosse, football and soccer utilize the park and recreation department facilities for their sports leagues.

In the spirit of *The Boys of Summer*, the District partners with the San Francisco Giants to provide the Junior Giants baseball program. Played at Randy Johnson Field at May Nissen Park, the program focuses on baseball as well as character development. This August, in partnership with Granada Little League, LARPD will help host the Little League Intermediate Division World Series, which will bring in teams from throughout the United States and Canada, Latin America, Puerto Rico and Asia/Pacific.



**Community Center:
An Activities Hub**

The Recreation Division oversees the Robert Livermore Community Center. The Community Center serves as the Livermore area's recreation destination. Located on East

Avenue, the complex offers 71,000-square-feet of indoor space with the Community Building and the Recreation Building, plus a 45,000-square-foot Aquatics Center

The Community Building houses a variety of spaces used for recreational classes, in addition to offering facility rentals for parties and meetings. Inside the Recreation Building is the 13,000-square-foot double gymnasium. This state-of-the-art facility accommodates sports such as basketball, volleyball, badminton and table tennis as well as serving as a home base for many sports camps and tournaments.

The Aquatics Center offers swim and various water programs, as well as serving as home to a youth water polo and swim team. A lap pool offers year-round swim opportunities, and a zero-depth-entry activity pool features an interactive play structure with waterfalls, water cannons and a 22-foot-long spiral slide.



Special Events

Special events are another avenue for Recreation to provide a great community vitality for the area. A sampling of these events include the SF Giants World Series Championship Trophy Tour, Children's Fair, Daddy Daughter Dance, Breakfast with Bunny, Breakfast with Santa, First Sip, a wine tasting and vineyard tour and Run for the Parks.



Get Out and Play!

Recreation continues to fulfill our mission of providing programs that will stimulate, educate and enrich the lives of people within the District. So stop by and learn more about what's available. Come tell us about your recreational interests. And by all means, get out and play!



LE ABOUT US



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Affordable Learning that fits Your Schedule

www.ed2go.com/larpd

Instructor-facilitated online courses are informative, fun, convenient and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. Get a head start on your career. These are only some of the courses we offer. Visit ed2go.com for a complete listing. All courses run for six weeks. Summer beginning dates are: 6/19, 7/17, 8/21 and 9/18. All classes are \$95. To enroll, see full descriptions of courses. and view a syllabus go to www.ed2go.com/larpd. Open to high school students through adults.

Career Ideas

Become a Veterinary Asst.

Practicing veterinarian prepares students to work in a veterinary office or hospital.

Real Estate Investing

Build and protect your wealth by investing in real estate.

Get Paid to Travel

Learn everything to start your new and exciting career as a professional tour director.

Fundamentals of Technical Writing

Learn the skills to succeed in the well-paying field of technical writing.

Intro. to Criminal Law

An in-depth look at criminal law and the real world of prosecutors, defense attorneys, and the paralegals.

Pharmacy Technician

Master the skills for an entry-level position as a pharmacy tech or clerk. Learn the steps to take to become a Certified Pharmacy Technician (CPhT).

Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Computers

Dreamweaver

Learn to use Adobe Dreamweaver CS5 to design, create, and maintain user-friendly Web sites full of professional-quality Web pages.

Photoshop Elements

Master the most advanced features of Photoshop Elements for Windows and take photo editing skills to the next level!

Microsoft Publisher

Hands-on, project-oriented class for beginners. Learn how to design, create, and publish a wide variety of stunning documents using Microsoft Publisher 2007.

Intro. CSS & XHTML

Learn to create state-of-the-art Web sites using modern CSS and XHTML techniques.

Family & Friends

Wine Appreciation for Beg.

Master and enjoy the secrets of fine wine.

Losing Weight & Keep it Off

Discover how to establish a healthy approach to successful weight loss and weight maintenance for a lifetime.

Assisting Aging Parent

Be prepared to handle the challenges of aging while learning to cherish the transition.

Ready, Set, Read!

A learning specialist shows students how to raise a successful reader and writer.

Languages

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences. Engage in conversational Spanish in no time.

Beginning Conversational French

Discover how easy it can be to learn common words and phrases for both leisure and business.

Easy English

In this easy and interactive course, learn the basic English skills for real-life activities including shopping, job-hunting, and handling medical emergencies.

Business

Microsoft Powerpoint

Learn how to use Microsoft PowerPoint 2007 to create impressive, professional-looking slide presentations.

Effective Selling

Learn the secret to converting a potential customer into a long-term asset. Find out how to lay the groundwork for repeat business and your future success.

Marketing your Business on Internet

E-commerce expert helps students develop an Internet marketing plan for any business.

Start your Own Small Business

Stop dreaming and learn how to start a successful small business.

Personal Finance

Real Estate Investing

Build and protect your wealth by investing in real estate.

Debt Elimination

Learn specific, powerful, and proven strategies to get completely out of debt and live a stress-free lifestyle.

Stocks, Bonds and Investing: Oh, My!

Make wise investment decisions so you have enough to live comfortably through retirement.

Building Wealth

Certified financial planner shows you how most wealthy people build their fortunes.

Web Design

Creating Web Pages

Learn the basics of HTML to design, create, and post on the Web.

Creating Web Pages II

Learn to develop polished and interactive pages complete with tables, forms, frames, audio, and CSS.

Networking/Troubleshooting

Wireless Networking

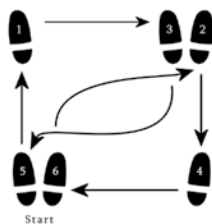
Industry expert shows students how to plan, deploy, and connect to wireless networks.

Introduction to PC Security

What you don't know can really hurt you. Learn what you can do to protect yourself.

More classes available on line at www.ed2go.com/larpd.

ADULT DANCE



Basic Hula & Tahitian Dance

15 yrs+
Desiree Elder RLCC

Learn the graceful art of the Hawaiian Hula and invigorating drum dances of French Polynesia. This 90-minute class covers basic hand, hip and feet movement, posture, language and cultural information. Build flexibility, stamina, body awareness and coordination. Bring a hip wrap (pareo) and water to class. Wear comfortable and loose clothing. Pareo available for sale at first/second class. 6 classes.

Sat 9:30–11 am 6/29–8/3 \$73

Belly Dance

12 yrs+
Aizubra RLCC

Dance for fun, health and fitness! Shake away stress in this fun and exciting class which includes yoga warm-ups with Egyptian, Turkish and Greek movements. Basic steps, finger cymbal patterns and dancing with a silk veil will be covered. Great class for beginning and continuing dancers to learn more about Mid-Eastern dance. www.aizubra.com. 5 classes. No class 7/1, 8/5.

M 7:30–8:30 pm 6/3–7/8 \$58

M 7:30–8:30 pm 7/15–8/19 \$58

Belly Dance, Int./Adv.

12 yrs+
Tatseena RLCC

Tatseena, a Bay Area legend in Belly Dance, teaches performance skills and more in this entertaining, shake-it-up class. Learn to perform with veils, canes, swords, zils, skirts and fans. Learn drills with zils, movement combinations and layering shimmies featuring Raqs Sharqi (Egyptian) and Fusion styles. Gain coordination, strength, grace and insight into the history and cultural roots of this dance. Performance opportunities with the Livermore troupe and more! Performances Abaynot mandatory. Class suited for intermediate and advanced dancers. Visit www.tatseena.com for more information. 6 classes.

T 8:15–9:30 pm \$68

5/21–6/25 7/2–8/6 8/13–9/17

Line Dance

Gary Clayton RLCC

• **Beginner**—Line dancing is a great way to exercise. Improve coordination, flexibility and balance while learning a variety of exciting dances. Class covers the easier step patterns to help familiarize dancers with the basic techniques of line dancing. 5 classes.

T 6/4–7/2 6:30–7:15 pm \$33

T 7/16–8/13 6:30–7:15 pm \$33

• **Adv. Beginner**—Class is designed for dancers who have attended five or six Beginner sessions and are ready to progress. Learn additional step patterns and slightly more advanced dances.

T 6/4–7/2 7:15–8 pm \$33

T 7/16–8/13 7:15–8 pm \$33

• **Intermediate**—Teaching pace is quicker in this class, designed for intermediate/advanced dancers who know all the basic step patterns. Dances include mostly newer line dances with some of the old classics. Drop-in fee \$8 per class.

T 6/4–7/2 8–9 pm \$33

T 7/16–8/13 8–9 pm \$33

• **Combination**—Class is a combination of two of the above classes. Beginner/Adv. Beginner, 6:30–8 pm OR Adv. Beg/Intermediate, 7:15–9 pm.

T 6/4–7/2 7/16–8/13

Beg./Adv. Beg. 6:30–8 pm \$41

Adv. Beg./Int. 7:15–9 pm \$41

Tango & Latin Dance

Lois Hilton RLCC

Express your inner self and look like a pro at nightclubs, weddings, cruises and other social gatherings. Learn the seductive moves of Tango and other Latin dances such as Rumba, Cha-cha, Samba, Salsa and Merengue. Burn the floor with these action-packed energetic dances. 8 classes. No class 7/24.

W 7/3–8/28 6:30–7:30 pm \$83

East Coast Swing

Lois Hilton RLCC

Beginners: Patterns and movements taught to a variety of tempos emphasizing how to lead and follow partners. If you have never danced, think you have “two left feet” or if you’ve danced a little but still are not feeling confident, then this class is for you. All the basics needed to establish a solid foundation for becoming a swing dancer. Partners not necessary. 8 classes. No class 7/24.

W 7/3–8/28 7:30–8:30 pm \$83



Docents at Ravenswood.

Tour Ravenswood



Ravenswood historic site is open for free public tours from noon–4 pm on the second and fourth Sundays of each month. Docents give hour-long guided tours starting every 20 minutes. The last tour begins at 3 pm.

Victorian Tea Sunday, April 26

Sit down to a formal tea served in the Drawing Room at Ravenswood on Sunday April 26, 2–4:30 pm. This popular annual event benefits the Ravenswood Furnishing Fund, an ongoing project of the Ravenswood Progress League. Ticket price donations are \$40 per person and reservations are required.

For Victorian Tea reservations, please call 925-443-0238. For general information on this historic site in the heart of Livermore wine country, call 925-443-0238 or visit the LARPD website (click on Activities, then choose Ravenswood Docent Tours).

2647 Arroyo Road, Livermore, CA • 925-443-0238

ADULT FITNESS

SPIN

18 yrs+

Real Fitness RLCC Rec. Bldg.

All-level indoor cycling class that features a 50-minute cardio ride, including a warm-up and cool-down and simulates an outdoor ride by combining various cycling techniques and intervals set to fun, upbeat music. Emphasis is on providing an enjoyable and effective workout. Great for all levels of fitness as participant determines his or her intensity level. Schwinn-certified instructors.

TTh 9:30–10:20 am	6/4–6/27	\$71
MW 6:30–7:20 pm	6/3–6/26	\$71
MW 6:30–7:20 pm	7/1–7/31	\$88
MW 6:30–7:20 pm	8/5–8/28	\$71

Real Fitness for Real People

18 yrs+

Real Fitness RLCC Gym

A high-energy, calorie burning workout, patterned after the workouts designed for the award winning program, Livermore's Biggest Loser. Each 60-minute workout encompasses both cardiovascular and resistance/strength training using various types of equipment and techniques. No boredom here as no two classes are ever the same. Improve fitness level and body composition with this 8 week session. All levels are welcome as modifications are always given. Sessions meet twice weekly. Wear comfortable workout attire. Bring towel, water bottle. Non-scoff athletic shoes only. Locker rooms and shower facilities available. No class 7/4.

TTh 5:30–6:30 pm	7/2–8/29	\$139
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CORE & More

Real Fitness RLCC Rec. Bldg.

This 30 minute class focuses on abdominal and back strength with additional benefits to upper and lower body strength using the participant's own bodyweight, and balance balls, medicine balls, or tubing either on mats or on balancing equipment. CORE & More will help support your body in everything you do and improve balance, posture, stability, alignment and MORE! A great precursor class to spin class.

TTh 9–9:30 am	6/3–6/27	\$47
MW 6–6:30pm	6/3–6/26	\$47
MW 6–6:30pm	7/1–7/31	\$58
MW 6–6:30pm	8/5–8/28	\$47

Stretch & Tone

Ayn Wieskamp

RLCC

Enjoy floor exercises to improve body tone, flexibility and attitude. Leg and arm weights may be used to increase workout. ON-GOING CLASSES. Sign up at class. No class 7/5.

Per week:	(2)	(3)
MWF 8:30–9:30 am	June	\$26 \$38
MWF 8:30–9:30 am	July	\$32 \$41
MWF 8:30–9:30 am	Aug	\$29 \$41

Gentle Yoga

Judith Boggs, Yoga Certified RLCC

Make every day your best day by adding energy and focus to your life through a gentle yoga practice – excellent for baby boomers and anyone looking for an introduction to yoga. The yoga poses are low-impact and promote overall fitness, muscle relaxation and flexibility. Good entry level class for those who want a slower approach to a traditional yoga practice. No class 7/3.

W Noon–1:15 pm	6/12–8/7	\$95
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jazzercise®

Barbara Van Trease

Vets Bldg.

Ever wonder why students return again and again? Because it's fun! Performed to today's hottest music, Jazzercise has fused the art of aerobic jazz dance, with kickboxing, hip-hop, Pilates, strength training and Yoga. Jazzercise will improve your aerobic endurance, muscle tone and flexibility. Leave class feeling relaxed, energized and stress free. Childcare at M–F AM only. For new-student specials, call 925-447-8890 or visit us at www.jazzercise.com. SIGN UP AT CLASS.

M–Sat 9 am	Regular	W 5:30 pm	Regular
M 5:30 pm	Body Sculpting	TTh 6 pm	Regular
MW 6:30 pm	Regular		

Beginning Yoga

Tricia Moore, MSW

Iyengar Yoga Certified

RLCC

Learn the art and science of basic yoga postures, taught primarily in the tradition of renowned yoga master BKS Iyengar. Flexibility, balance, strength, stress-reduction and an increased sense of well-being are benefits of the practice. Consistent yoga practice leads to refined awareness of our potentials on physical, mental and spiritual levels. For more info go to www.yogadelvalle.com. 10 classes. No class 7/2.

T 6:40–8:05 pm	6/11–8/20	\$123
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Continuing / Intermediate Yoga

Tricia Moore, MSW

Iyengar Yoga Certified

RLCC

For those who have learned the basic yoga poses and concepts and are ready to deepen their practice with greater connection to body, mind and spirit. Additional inversions, backbends and seated forward bends introduced, as well as breathing practices. Class is suitable for new students who have prior experience in yoga. For more info go to www.yogadelvalle.com. 10 classes. No class 7/1, 7/5.

M 5:30–7:15 pm	6/10–8/19	\$133
F 9:30–11:15 am	6/14–8/23	\$133

Yoga Drop-In

Tricia Moore, MSW

Iyengar Yoga Certified

RLCC

Attend a yoga class above on a per class basis. Contact the instructor to find out which class is suitable for you. Go to www.yogadelvalle.com for more information.

M, T, F or Sat	\$15 per drop-in
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MARTIAL ARTS

Aikido Beginners Course

13 yrs+

Aikido of Livermore/Shinrei Dojo

3985 First St. Suite C

Aikido is a non-violent Japanese martial art that teaches us to blend with the power of an attack, neutralize it and bring the attacker under control without inflicting serious injury. Aikido principles foster positive ways to deal with conflict and gives students an alternative to the natural response of power versus power. Training promotes proper posture, good balance and centering and improved physical coordination. Safe rolling and falling skills also covered. 6 classes.

T 7-8:30 pm 6/25-7/30 \$72

Shinkendo, Samurai Swordsmanship

13 yrs+

Aikido of Livermore/Shinrei Dojo

3985 First St. Suite C

Shinkendo teaches authentic Japanese swordsmanship. It is a comprehensive study of the sword once practiced by the Samurai in ancient Japan. Shinkendo founder Toshishiro Obata Sensei studied extensively with some of Japan's best known sword teachers and created this modern Budo based upon his experience; knowledge and historical research. Class covers training in sword etiquette, basics sword swinging drills, and combative sword drawing forms. 6 classes. No class 7/4.

Th 7-8:30 pm 6/20-8/1 \$72

Karate

Bob & Kathy Berger

RLCC

Tang Soo Do is a Korean Martial Art similar to Japanese Karate. Become proficient in martial arts fundamentals and forms while learning self-discipline and self-defense. Gain confidence in martial arts skills by learning sparring techniques and by breaking boards. Advance through the colored belts to become a Black Belt. www.dublintangsoodo.com. 12 classes.

W 6:30-8:30 pm 6/5-8/21 \$78



RUN FOR THE PARKS

10k, 5k, Kids Fun Run

April 14, 2013

Sycamore Grove Park

www.larpd.dst.ca.us

Fitness Kickboxing

13 yrs+

Livermore Martial Arts Academy

4070 East Ave.

Get ready to shed pounds and inches. Want to get in shape and have fun doing it? This 45-minute class begins with a quick warm-up and launches into a calorie burning party that is sure to lower stress, and helps students lose weight and have an all-around good time. Experience an ultimate body workout, kicking and punching to a stronger more self-confident you. Workout includes kicking and punching bags so gloves required. Gloves may be purchased at LMAA.

MWFSat attend anytime \$43

6/3-7/15, 7/22-8/24

MW 9-10 am \$55

W 10-11 am

Sat 8-9 am

Women's Self-Defense & Personal Violence Prevention Seminar

13 yrs+

Livermore Martial Arts 4070 East Ave.

There are 77 million victims of abuse every year in the United States and 1 in 3 women and children in our country become victims of violent abuse. Every day 2000 kids are abducted in the US. Participants will learn basic strategies and techniques to give them the tools to help protect themselves. Chief Instructor is a police officer with 18 years law enforcement and over 30 years martial arts experience.

F 7:30-9 pm 8/2 \$17

Tai Chi Chuan

Geoff Lee & Jeff King

RLCC

High-level internal martial art that blends positive and negative, light and dark, active and quiet, yin and yang. Training is slow and relaxed, useful for health meditation and internal breathing. This style has 108 movements; suitable for students of all ages. Class is physical in nature. Wear comfortable clothes and shoes. No class 7/4.

• Beginning Movements/ Concepts

Beginners taught the first 18 of the 108 movement forms.

Th 4/18-7/11 7:15-8:30 pm \$77

Th 7/18-10/3 7:15-8:30 pm \$77

• Intermediate /Advanced Movements / Concepts

Intermediate students work on all 108 movements, as well as, the concepts that transform movements into a flowing dance of soft energy. Advanced students may explore the connections to Qi Gong, Kung Fu, work, relationships and other aspects of life. Prerequisite Beginning.

Th 4/18-7/11 6:30-7:45 pm \$77

Th 7/18-10/3 6:30-7:45 pm \$77

SAVE THE DATE
RUN FOR THE PARKS

10k, 5k, Kids Fun Run
April 14, 2013

Sycamore Grove Park

Cyclone Martial Arts & Fitness

4555 Las Positas Rd Unit E, Livermore www.cyclonemma.net, 925-373-1400.

All classes available once you join for only \$109/month for unlimited training, 7 days a week.

• Brazilian Jiu-Jitsu

16+ yr

Marcel Fortuna

Focuses on grappling techniques that combine throws, takedowns and ground submissions that allow for a smaller, weaker person to efficiently defend against a much larger opponent.

M-Sat am/pm

• Muay Thai

16 yrs+

Fabiano Brasil

Focuses on strikes using fists, elbows, knees and kicks. Known for its efficiency and effectiveness as a fighting skill and self-defense art, training uses combination of strikes on Thai bags, pads and mittens.

M-F am/pm

• Boxing

16 yrs+

Uziel and Royce

One of the oldest combative sports. Uses combination of punches and foot work to subdue an opponent. Work on bags, speed bag stations, mitten work, double end bags.

M-Sun am/pm

• Judo

16 yrs+

Brandon Morgan

Focuses on a combination of throws and footwork to subdue an opponent. Great workout to get in shape. Judo builds mind and physical toughness. Combined with increased self-confidence and discipline, it will change your life.

T 7-8 pm

SPECIAL INTEREST

Beginning Stained Glass NEW

12 yrs+
Roberta Jones Art Glass Studio
174 So. L St.

Create a beautiful 14" x 14" stained glass panel ready for hanging. You will use the basic cutting and manufacturing skills. This class provides the foundation of knowledge and skills needed to make larger panel and great refresher course. No experience needed or artistic ability required. 5 classes. No class 7/4.

Th 6-8:30 pm 6/6-7/11 \$226
Th 6-8:30 pm 8/1-8/29 \$226

Beginning Fused Glass

12 yrs+
Roberta Jones Art Glass Studio
174 So. L St.

Create a beautiful 4" glass tile and jewelry pendant using COE96 glass. Students have a rainbow of glass colors and shapes to choose from to make fused pieces. Class teaches about kilns, glass compatibility, fusing schedules and molds. No experience needed or artistic ability required. 1 class.

F 4-7 pm 6/28 \$77
F 4-7 pm 7/26 \$77

Glass Mosaic

12 yrs+
Roberta Jones Art Glass Studio
174 So. L St.

Create a beautiful 12" x 12" glass mosaic using the direct method. Students have a rainbow of glass colors and shapes to choose from to make masterpieces. Class will discuss methods, tools and adhesives used in glass mosaics. No experience needed or artistic ability required. 3 classes.

W 4-6:30 pm 6/12-6/26 \$87

Landscape Design Basics & Horticultural Topics

Kathleen Elliott RLCC

Kathleen Elliott started horticulture and agriculture at an early age with her grandfather, Lionel Elliott. Her lifelong training includes a BS in Plant Sciences at UC Davis (1975). She has extensive experience with landscape design, environmental horticulture, agriculture, forestry, apiculture and animal sciences, and is the owner of Hillcrest Ranch Sunol.

6/18-Designing your Garden Basics

6/25-Low Maintenance Planting; The Right Plant in the Right Place

7/9-Plant Propagation, Softwood Cuttings

7/16-Summer Pruning in Your Garden, Japanese Maples, Fruit Trees, Shrubs.

4 classes. No class 7/2.

T 6:30-7:30 pm 6/18-7/16 \$30

art & crafts

Chinese Brush Painting and Calligraphy

9 yrs+
Feng Chen RLCC

Learn this ancient and elegant style of art from artist Feng Chen. Students learn how to make animals come alive with their own delicate and beautiful works of art. In this program. Students taught calligraphy, flowers, animals, and landscapes.

Instructor Feng Chen is a skilled and experienced teacher who has taught at the Japanese Center, Randall Museum, Bacon Center, Chinese American International School, San Francisco Public Libraries, and Green Bamboo Art Studio. 12 classes. No class 7/5.

MWF 10-11:15 am 6/24-7/19 \$343
MWF 10-11:15 am 7/22-8/16 \$343

Woodcarving

Tri-Valley Carvers RLCC

Beginning carvers start with a basic project using a carving knife and progress to a relief project using various chisels and gouges. Or bring in a project of the student's choice and instructors work with each student to develop the skills needed to complete it. Students can attend anytime between 6-8 pm.

W Ongoing 6-8 pm \$4 Drop in



computers

Computer Classes

Lynn Pesonen RLCC

Lynn Pesonen has been teaching in the Bay Area since 1996 helping thousands to learn valuable computer skills to be used at work and/or at home by offering quality trainings. Laptops are provided for two students per computer or students can bring their own. Instructor provides a take-home class manual.

• Hands-on Beg. Computer-Windows, Excel, Word

Tired of asking family and friends for help? Learn the different parts of the computer and how to navigate Windows beginning with the Start Menu; then learn how to create spreadsheets using Microsoft Excel and word-processing using Microsoft Word. A take-home class manual handed out at the first class session. Laptops provided with two persons per computer or students can bring their own laptop. 3 classes.

T 6:30-8:30 pm 6/18-7/2 \$133

• Hands-on Microsoft Excel - Next Step

Have you been using Excel to its full potential? Become proficient and improve the way you use powerful tools to analyze and communicate your data. Discover how to quickly and efficiently apply automatic styles, wrap text, merge and center cells, how to freeze and unfreeze columns and rows and create custom charts. 1 class.

T 6:30-8:30 pm 7/16 \$63

• Hands-on Microsoft PowerPoint & Publisher

Learn to create and present appealing slide shows with PowerPoint by using bulleted lists, photos and applying animation. Learn how to use Publisher by modifying designs and content to create impressive flyers, newsletters, etc. A take-home class manual provided by instructor. Laptops provided with two persons per computer or students can bring their own laptop. 2 classes.

T 6:30-8:30 pm 7/23-7/30 \$113

• Hands-on Microsoft Word - Mail Merge

Accomplish your mailings quickly and easily! Learn how to set up a mail merge in six easy steps. Create a customized name and address list and merge the list to print onto letters, labels and envelopes so each is personalized. 1 class.

T 6:30-8:30 pm 8/6 \$63

health & safety

CPR/AED

American Safety Academy Staff RLCC

Learn to recognize the signs and symptoms of sudden cardiac arrest, injuries and sudden illnesses where quick recognition and response can mean the difference between life and death. In this CPR and AED (automated external defibrillator) course learn how to provide CPR for infants, children and adults; how to use an AED (automated external defibrillator) safely. Course comes with a two-year certification card, given at the end of class. Dedicated, skilled instructors provide low-stress, hands-on training that focuses on efficiency, thoroughness and fun in the classroom. 1 class.

Sat 9:30 am–12:30 pm 6/22 \$68

Sat 9:30 am–12:30 pm 8/10 \$68

CPR, AED & First Aid

American Safety Academy Staff RLCC

Did you know that 75–80% of all out of hospital cardiac arrests happen at home and 70% of victims receive no hands-on care until EMS arrives? Properly applied, CPR and first aid can save lives and reduce recovery time. Learn to recognize the signs and symptoms of cardiac arrest, injuries and sudden illnesses; learn how to deal with emergencies like cardiac arrest, bleeding, shock, burns, sprains, fractures, allergic reactions, seizures and more! Please wear comfortable clothing and closed toe footwear. Bring a snack to class. 1 class.

Sat 9:30 am–2 pm 6/29 \$82

Sat 9:30 am–2 pm 8/3 \$82

Pediatric CPR, AED & First Aid

13 yrs+

American Safety Academy Staff RLCC

Unintentional injury is the leading cause of death in the United States for children from 1 to 9 years of age. 33 children die each day in the U.S. from traumatic injuries, and more than nine million children are seen in the ER for injuries each year. According to the American Academy of Pediatrics, pediatric first aid is the immediate care given to a suddenly ill or injured child until the responsibility can be taken over by a medical professional, parent, or legal guardian. This class is a low stress hands on two year certification. The CPR/AED portion covers infant, children and adults. 1 class.

Sat 9:30 am–2 pm 5/11 \$89

Sat 9:30 am–2 pm 8/17 \$89

Hypnosis for Weight

Johnnie Rovasio/Keith McDowell

Cert. Hypnotherapists RLCC

Want to lose weight, feel better, look great and have more energy? Keep favorite foods and still lose weight. Enjoy relaxation, positive affirmations and suggestions to help with your weight. Bring pillow and blanket to class.

W 7–9 pm 5/8–6/26 7/3–8/21 \$85

Relax, Relax, Relax

Keith McDowell/Johnnie Rovasio

Cert. Hypnotherapists RLCC

Isn't it about time to just take care of you? By design, this class will give you the ability to completely relax, become comfortable and feel at peace with yourself and those things around you. Bring a pillow and blanket to class.

T 7–9 pm 6/4–7/30 7/2–8/27 \$85

in the kitchen

Christmas in July

14 yrs+

Living Gourmet RLCC

Christmas cookies, candies, and a fun gift from your kitchen; we all think we'll do that this year! But December comes and time gets away. Let's learn some tricks and new recipes, this is a hands-on class, students leave with recipes, and samples. Great class to do with a family member. 1 class.

Sat 9 am–Noon 6/8 \$43

The Complete Pie

14 yrs+

Living Gourmet RLCC

Would you like to make a pie from start to finish? Join this course and make a two-crust fruit pie. Bring a rolling pin, pie plate, and two quart bowl; leave with a simply delicious finished fruit pie. Tips for different fruits, seasoning and thickeners discussed. 1 class.

W 6–8:30 pm 7/24 \$29

Jam 101

14 yrs+

Living Gourmet RLCC

Fruit jam is a yummy treat, a great gift and a wonderful way to store your harvest. Make 2 different jams: one low sugar and one with a herb or spice. Learn how to store and present jam as a gift. Jam is a great beginning to canning; all the basics learned in this class will open up the world of canning to students. 1 class.

M 7–9 pm 8/5 \$33

Canning Tomatoes

14 yrs+

Living Gourmet RLCC

Fresh tomatoes are amazing and the next best thing is home canned ones. Tomatoes have their special challenges, but all are easily managed with the right information. Sauce, whole, marinara, and your own special blend can all be done. This calls shows you how! Students work with 2 batches of tomatoes (traditional sauce and roasted tomato sauce) so they have the hands on experience and the confidence to can at home. 1 class.

F 6–9 pm 8/16 \$32



music

Piano for Beginners

Galina's Music Studio 2222 Second St.#2

If you always wanted to learn how to play the piano, now is your chance! This easy step-by-step course guides students through the fundamentals of piano playing which includes rhythm, music notation and music theory. Beginning adult students will find this course challenging enough to be interesting, yet easy enough to experience a sense of accomplishment and satisfaction. 6 classes.

W 7:15–8 pm 6/19–7/24 \$142

Ukulele

Galina's Music Studio 2222 Second St.#2

Have you ever wanted to play an instrument you could sing along with? If so, the ukulele is the perfect instrument for you. It's easy to learn and fun to play. The first lesson teaches students basic rhythms and chords while they learn to play a simple song. Additional lessons teach increasingly complex chords and fingering. So pick up that ukulele and join in the fun. 6 classes. No class 7/4.

Th 7–7:45 pm 6/20–8/1 \$122

Vocal Lessons

Galina's Music Studio 2222 Second St.#2

Whether you just want to learn to sing for your own enjoyment or perhaps pursue a professional career in music, this course will give you the start you need! Learn how the human voice works, warm-up exercises, professional hints/tips and lots of great tunes to sing. 6 classes.

M 7–7:45 pm 6/17–7/22 \$152

ADULT SPORTS

Adult Drop-In Sports

18 yrs+

RLCC Gym

Volleyball/Badminton	Basketball
T, 6/4–8/27, 8:30–10 pm	TThF, Yearly, 11:30 am–1:30 pm Sun, 6/2–8/25, 6–9 pm

All participants must buy Drop-in pass. 5 visits \$15, 10 visits \$25, 20 visits \$40. Reminder. Only non-scutt athletic shoes permitted in the gym. NO GUM or TOBACCO.

LARPD RLCC Gym Rental

For gym rentals, contact Zack Silva at 925-373-5733 or zsilva@larpd.dst.ca.us. LARPD gym rental application can be downloaded at www.larpd.dst.ca.us.



LARPD Batting Cage Rental

Ernie Rodrigues Softball Complex 1717 So. Livermore Ave.

LARPD batting cage can be used for hitting as well as pitching and catching. The LARPD batting cage is great for teams and individuals looking to improve their baseball fundamentals. Ask about renting the whole facility for your next team party or company event.

Fees: Without Pitching Machine-\$20 hr: With Pitching Machine-\$50 for 1st Hour, \$20 each additional hour

Rental contact: Vicki Wiedenfeld, 925-373-5709 or vwiedenfeld@larpd.dst.ca.us

tournaments

For more information regarding tournaments and registration please contact Dan Meewis at 925-373-5731 or dmeewis@larpd.dst.ca.us.

LARPD Adult Coed One Pitch Softball Tournament

LARPD is now recruiting adult coed softball teams to compete in our first annual 1 pitch tournament on Saturday 8/3.

Tournament Information: Teams assigned to a four-team bracket. Each team guaranteed 3 round-robin games. Top 2 teams from each bracket will advance and be put into a single elimination bracket to determine a tournament champion. Games 35 minutes or 7 innings, whichever comes first.

Registration	Tourney Date	Location	Fee
4/1–7/19 (closes 4 pm)	Sat. 8/3	Ernie Rodrigues Softball Complex	\$250 per team

LARPD Disc Golf Tournament

10 yrs+

LARPD is now recruiting individuals to compete in the 2nd annual Summer disc golf tournament. Players can choose from the following 4 divisions:

Youth (ages 10-15). All holes Par 4's

Women (16+) All holes Par 3's

Recreational (16+) All holes Par 3's

Competitive (16+) All holes Par 3's

All play 3 rounds of 10 holes. Awards to top 3 places in each division. Rain or shine.

Registration	Tourney Date	Location	Fee
4/1–8/23 (closes 4 pm)	Sun. 8/25 9 am – 5 pm	Ernie Rodrigues Softball Complex	\$29/player

golf

Las Positas Get Golf Now

Las Positas Staff 917 Clubhouse Drive

The best group lessons in the Bay Area! Classes cover every aspect in the game of golf. From the full swing to playing the golf course, any level golfer can come out to these classes and experience a great atmosphere and so much more. Clubs and range balls provided during class sessions. Contact Tony Guerrero at Las Positas Golf Course at 455-7820 for information. Do you need your first set of golf clubs? All Las Positas Group lesson participants receive a discount on sets of golf clubs! Limited class size. 5 classes.

T 5–6 pm	4/2–4/30	5/14–6/11	\$99
Sat 10–11 am	4/13–5/11	5/25–6/22	\$99
Sat 10–11 am	8/3–8/31		\$99
M 6–7 pm	8/5–9/2		\$99

tennis

TENNIS–Future Stars 2000s'

Pat Tibbets, PTR certified Dorothy Svets Tennis Complex

Calvin Thompson, USPTA Pro 1

Lessons, offered through Future Stars 2000s. Designed for beginner through intermediate students. Lessons taught in a fun, positive atmosphere covering: grips, strokes, movement drills, and more.

Equipment: Students provide their own tennis racquets. Tennis balls provided. Bring water to class. Wear non-marking tennis shoes.

Class Descriptions:

Beginner (B): New to Tennis or with limited experience.

Advanced Beginner (AB): Exposure to all basic strokes and scoring, beginning to do some rallying.

Private Lessons: Contact the Future Stars 2000s' instructor through LARPD at 925-373-5700 or go to www.larpd.dst.ca.us or Calvin at ThompsonTennis925@gmail.com or Pat at patntennis@comcast.net.

Sat B/AB	6/1–6/29	8:30–9:30 am	\$33
T B/AB	6/4–6/25	7:30–9 pm	\$33
Th B/AB	6/6–6/20	9–10:30 am	\$39

Sat B/AB	7/13–7/27	8:30–9:30 am	\$21
T B/AB	7/9–7/30	7:30–9 pm	\$39
Th B/AB	7/11–7/25	9–10:30 am	\$39

Sat B/AB	8/3–8/24	8:30–9:30 am	\$27
T B/AB	8/6–8/27	7:30–9 pm	\$39
Th B/AB	8/8–8/29	9–10:30 am	\$30

leagues

LARPD offers Adult Summer Leagues in fastball, flag football, soccer and softball. For more information regarding Summer Leagues and registration, please contact Dan Meewis at 925-373-5731 or dmeewis@larpd.dst.ca.us. Refer to the LARPD Leagues Information and Registration Schedule below for details of each league.

LARPD 8 on 8 Adult Flag Football League

Games will be played on the NEW Robertson park turf fields!!

LARPD is now recruiting teams and individuals interested in playing in the NEW 8 on 8 Adult Flag Football league on Wednesday evenings for the winter 2013 season.

LARPD Adult Soccer

Games will be played on the NEW Robertson park turf fields!!

LARPD is now recruiting teams and individuals interested in playing in the NEW Adult Soccer league on Friday evenings for the summer 2013 season. Men's, Women's & Coed leagues offered.

LARPD Summer/Fall Softball Leagues 2013

LARPD is now recruiting teams and individuals interested in playing Men's, Women's, Coed and Coed business league evening softball for the Summer/Fall 2013 season.

LARPD Summer/Fall Fastball League

LARPD is now recruiting teams and individuals interested in playing in the NEW Summer/Fall Fastball League on Wednesday evenings.



LARPD offers Adult Fall Basketball. For more information regarding the Fall Basketball League and registration, please contact Zack Silva at 925-373-5733 or zsilva@larpd.dst.ca.us. Refer to the LARPD League and Registration Schedule below for league details.

Fall Basketball League

LARPD is now recruiting teams and individuals interested in playing Sunday evening basketball for the Fall 2013 season. League info: www.eteamz.com/larpdadulthoodsports

LARPD LEAGUES INFO & REGISTRATION SCHEDULE

Sport*	Registration	Game/Match Days	League Information	Team Fee	Location	Contact
FLAG FOOTBALL LARPD 8-on-8 Flag Football M	3/27-4/24 Closes 4 pm	Wed	5/1-6/26 8 games + playoffs	\$695	NEW Robertson Park Turf Fields	Dan Meewis@ dmeewis@larpd.dst.ca.us
SOCCER LARPD Adult Soccer M, W, C	3/27-4/26 Closes 4 pm	Fri	5/10-7/19 8 games + playoffs. No games 5/27, 7/5	\$895	NEW Robertson Park Turf Fields	Dan Meewis@ dmeewis@larpd.dst.ca.us
SOFTBALL LARPD Summer/Fall Softball Leagues 2013 M-Men's D-Open & D3 Tue-Bus. Co-ed D1, D2 Wed- Men's-C, Co-ed D-Open Th-Men's D1, D2 F- Co-ed D1, D2 D3/Max Baer Sun-Men's D-Open, Co-ed D3	Early reg: 5/20-6/14 Regular reg: 6/15-7/19 Closes 4 pm		M, 8/5-F, 11/8 10 games + playoffs	Early reg, - \$725; Regular reg,- \$795	Ernie Rodrigues Softball Complex or Max Baer	Dan Meewis@ dmeewis@larpd.dst.ca.us
FASTBALL LARPD Summer/Fall Fastball R, COM	5/20-7/19 Closes 4 pm	Wed	8/7-10/30 + playoffs	\$695 \$55 Indiv	Ernie Rodrigues Softball Complex	Dan Meewis@ dmeewis@larpd.dst.ca.us
BASKETBALL Fall Basketball	7/8-8/16 Closes 4 pm	Sun 6:30 pm, 7:30 pm, 8:30 pm	9/8-12/15 No games 9/2, 9/29, 11/10, 12/1	\$495	RLCC Gym	Zack Silva, zsilva@larpd.dst.ca.us

*Legend: M=Men, W=Women, C=Co-ed, B=Business, R=Recreational, COM=Competitive

55+ SERVICES



Senior Services Supervisor Maureen Gandara-Swinbank with Office Assistant Phyllis Ihle discuss a 55+ event at LARPD.

Office Hours

M–Th, 9 am–Noon, 12:30–4 pm

Holiday Closures:

- Mon. May 27 Memorial Day
- Thurs. July 4
- Mon. Sept. 2 Labor Day

Phone: 925-373-5760

Fax: 925-960-2457

Website: www.larpd.dst.ca.us

Programs and Services are subject to change.

Age requirements vary for services such as Spectrum meals, Wheels passes, BART tickets, etc.

- BART Tickets-Only for Seniors
- Billiards
- Bingo
- Card Groups
- Consults
- Computer Tutoring
- Dial-A-Ride tickets-Only for Seniors
- Eyeglass adjust/cleaning
- Golden Circle Senior Craft Group
- Health Insurance Counseling (HICAP)
- Health Screening/Blood Pressure/Footcare
- Information and Referral
- Legal Assistance for Seniors (LAS)
- Newsletter
- Notary Service
- Senior Support of the Tri-Valley Case Management
- Tax Preparation Assistance
- Travel Training- Wheels
- Wiesner Memorial Fund

Consultations

The Senior Services office offers consultation appointments. A referral source for questions or help with issues such as defining various levels of housing and placement needs, Medicare and MediCal information, legal assistance, Health Care Directive information, financial emergencies, etc. For information or an appointment, call the Senior Services office, 925-373-5760.

Financial Emergency Assistance for Seniors

The Wiesner Memorial Fund is a special fund for seniors 60 and older who need financial assistance in the event of an emergency. Fund administered by a non-profit board of directors. For assistance, call 925-373-5760. Staff will immediately notify a Wiesner Board member to contact you.

Health Insurance Counseling (HICAP)

Need help understanding your Medicare or other health insurances? For appointments or more information, call Senior Services, 925-373-5760.

Legal Assistance for Seniors (LAS)

Legal Assistance for Seniors provides a lawyer for telephone consultations once a month. Seniors 60 and over and persons assisting a person over 60 may use this service. No Wills. For more information, call 925-373-5760.

Notary Service

A notary is available from 10–11:30 am the first Monday of each month to notarize documents for persons 60+. By appointment only. Call 925-373-5760 to schedule an appointment.

Lending Library For your enjoyment

Yes, some things in life are free. Take advantage of the free lending library in the Vintage Lounge at the Robert Livermore Community Center. Mysteries, suspense, westerns, romance, science fiction and more! Borrow as many books as you want during operating hours. Dedicated volunteers keep the books organized and labeled by category. Read your selection in the lounge. To donate paperback books, call 925-373-5760.

Senior Scholarships

Scholarships available for persons 60 yrs. and older who reside in the Livermore Area Recreation and Park District. Anyone unable to participate in the LARPD senior programs due to financial hardship may contact Maureen Gandara-Swinbank at 925-373-5765 for scholarship information. Senior Scholarships funded through private donations.

Glasses Need A Little TLC?

Free eyeglass minor adjustments and repairs, including cleaning lenses provided by a volunteer optician on a first-come first-served basis the first Tuesday of each month 10:30 am–1:30 pm at the RLCC Community Center beginning May 7, 2013.

Helpful Phone Numbers

LARPD Senior Services Center	925-373-5760
Spectrum Lunch Program	925-373-5764
Wheels Dial-a-ride	925-455-7510
LARPD District Office	925-373-5700
Senior Support of the Tri-Valley	931-5379
Ombudsman	510-638-6878
Health Care Help & Information	888-466-2219
Covers health and dental care problems and care choices	
Senior Hotline	925-373-5702 ext. 5
Wheels (bus)	925-455-7500
Social Security	800-772-1213
Elder Care Locator	800-677-1116, www.eldercare.gov
CRIL (Community Resources for Independent Living)	925-371-1531
Adult Protective Services	510-577-3500
Area Agency on Aging	800-510-2020
Conservatorship	510-636-8820
Public Guardian	866-658-5820
LARPD Hotline	925-373-5702 ext. 5



John Bliss by the Tule Elk sculpture while on the San Luis National Wildlife Refuge trip.

community interest

Computer Tutoring

Call the Senior Services office to schedule time with a knowledgeable volunteer to learn computer basics, 925-373-5760.

Newcomers

RLCC Vintage Lounge

New to Livermore? Newly retired? Never been to the Robert Livermore Community Center? Here is an opportunity to meet the staff, learn about senior programs and services available and receive a tour of the facility. If you would like to stay for lunch, call the Spectrum office 373-5764 to sign-up for Newcomer's Day lunch at least 24 hours in advance. Lunch donation for those 60 and over is \$3.25.

5/9	11–11:30 am	Free
7/18	11–11:30 am	Free

More Movie Madness

RLCC Vintage Lounge

First Monday and third Thursday each month, 1 pm. Enjoy free popcorn and movies ranging from classics to recent releases. For more information, call Senior Services, 925-373-5760.

M	6/3	The Change Up (R)
Th	6/20	Dolphin Tale (PG)
M	7/1	Shall We Dance (PG-13) Japanese version
Th	7/18	Shall We Dance (PG-13) American version
M	8/5	Alfred Hitchcock Movie
Th	8/15	Alfred Hitchcock Movie

Viewers are advised to consider the film rating, which may be based on language, violence or sexual content.

luncheons

Dining with Spectrum

RLCC Larkspur

Spectrum serves lunches Mon–Fri, at noon. Choose from the regular menu or enjoy a chef's salad. On soup days a hamburger or a veggie burger can be ordered. Menus are available in the Spectrum and Senior Services offices. LARGE PRINT MENUS available with advance notice. Lunch reservations required, minimum 24 hours in advance. For reservations, Meals-on-Wheels information or general meal program information, call Mon–Fri, 10 am–2 pm, 925-373-5764.

Suggested donation: \$3.25 for adults 60+

safety

(Registration required.)

AARP Driver Safety Program

AARP

RLCC Sycamore

Class designed and taught by the American Association of Retired Persons (AARP). Completion of this course allows seniors 50 and older to receive auto insurance discounts. Class size is limited. Pre-Registration with payment by check made payable to AARP required. For more information, call the Senior Services office, 925-373-5760.

Th	6/13 and 6/20	1–5:30 pm
Sat	8/17	8 am–5:30 pm

AARP members \$12; Non-members \$14

AARP Driver Safety Program Refresher Course

Mike Harris (AARP)

RLCC Sycamore

Refresher course for those who have taken the 8-hr. class within the last three years. Content is a condensed version of the full-day class. Certificate of completion provided. Class limited to 25. Pre-Registration with payment by check made payable to AARP required. For more information, call 925-373-5760.

F	8/23	9 am–1 pm
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AARP members \$12; Non-members \$14

wellness

Prevent Diabetes!

Marisa Castaldini

RLCC Sycamore

Many factors can increase your risk for developing diabetes, such as being over 45 years of age, overweight, have a parent or sibling with diabetes, a family background that is African American, Hispanic/Latino, American Indian, Asian American or Pacific Islander, had gestational diabetes, and are physically active less than 3 times a week. If you are at risk, come and learn how to make lifestyle changes that can help prevent diabetes and type 2 diabetes. Sign up in advance. 7 wks.

Th	3–5 pm	7/11–8/22	Free
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Diabetes And You!

Marisa Castaldini, RD *RLCC Sycamore*

When you have diabetes or pre-diabetes, 95% of how you manage it is in your hands. This class will help you learn how to manage your diabetes, take medication, check your blood sugar, manage stress, be active and eat the foods you love. Classes are for adults of all ages with pre-diabetes or type 2 diabetes. Advance registration is required. 7 classes.

Th	6–8 pm	7/11-8/22	Free
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Volunteering is Good for You!



“The benefits of volunteering are enormously beneficial to you, your family, and your community. The right match can help you find friends, reach out to the community, learn new skills and even advance your career. Volunteering can also help protect your mental and physical health.”

—excerpt from HelpGuide.org

Learn more about LARPD volunteer opportunities, call 925-960-5760.

trips

Trip Registration

RLCC Larkspur

Register yourself and one other person on a first-come, first-served basis. Doors open at 8 am. Trip flyers with details and dates available one month before sign-ups. Trips are not available through LARPD online or phone-in registration.

Summer

Sat 6/1 8:15–10:45 am

Fall

Sat 8/24 8:15–10:45 am

Venture Trips

Explore the Bay Area and beyond on day and overnight trips via LARPD vans. Day trips must be paid for at the time of sign-ups. A processing fee of \$11 is charged for day-trip cancellations. Overnight trips require a \$25 non-refundable deposit at time of sign-up. Persons under age 50 are welcome if space is available. Visa and MasterCard accepted for trip payments. Sign up in the Senior Services office. Call 925-373-5760 for information.

Sun 6/30 Ryde Hotel Brunch
 Sat 7/13 Kitchen Kut-Ups Performance
 W 7/17 Coastal Tour-Capitola
 T 7/23 Hakone Gardens and Saratoga
 Sat 7/27 "Respect: A Musical Journey of Women" at Sierra Rep
 W 7/31 Treasure Island Culinary
 Th 8/8 "The King and I" at California Musical Theater
 Sat 8/10 USS Potomac History Cruise
 W 8/14 Coastal Tour Walk, Santa Cruz
 Th 8/22 Casino Trip
 W 9/4 Rosicrucian Museum
 Th 9/12 Santa Cruz Follies
 Wed 9/25 "Don't Dress For Dinner" at Sierra Rep

Extended & Overnight Trips

Sun–Th 8/25–8/29 Seattle, San Juan Islands, Victoria B.C.
 M–W 9/16–9/18 Point Reyes & Occidental
 F–Sun 10/4–10/13 New York
 T–Sat 12/3–12/7 Sedona
 Sun–Th 12/29/13–1/2/14 Rose Parade

Trip dates are subject to change.

fitness & exercise

(Registration required.)

Chair Yoga

Carol Atkinson RLCC Sycamore

Especially suitable for those who do not want to get up and down from the floor. Learn yoga poses while sitting in a chair to help increase flexibility, balance and strength while enhancing mind-body awareness and ability to relax. Class taught in an easy-going, noncompetitive atmosphere. Let instructor know about any conditions, injuries or limitations. 8 classes.

M 6/10–7/29 8:30–9:45 am \$43

Yoga for Self Care

Carol Atkinson RLCC Studio

Discover how to use yoga poses and Iyengar-inspired therapeutic techniques to relieve physical and mental stress, increase flexibility, balance and strength and enhance mind/body awareness and ability to relax. Classes taught in an easy-going, non-competitive atmosphere suitable for those able to get to and from the floor. Please inform the instructor of any injuries, medical conditions or limitations. 8 classes.

T 6/11–7/30 1–2:30 pm \$51

Feldenkrais Method of Awareness through Movement

Carol Atkinson RLCC Sycamore

Reconnect with natural abilities to move, think and feel. Through gentle lessons, learn to move with less effort, connect movement and thought, increase mental alertness, along with physical improvement. Most lessons are done on the floor. Accommodations made for those who have difficulty getting up and down from the floor. 8 classes.

T 6/11–7/30 5–6 pm \$99



Tai Chi instructor Barbara Reynolds (pictured right) teaching class at RLCC.

Enhanced Fitness

Barbara Reynolds RLCC Studio

Combines low impact, strength training, special balance exercises and stretching—all designed to improve physical conditioning and decrease risk of falling. Students may sit any time during class. Optional, bring a pair of one or two pound weights or two 16-ounce unopened water bottles. 7/6 classes.

T 9–9:50 am 6/4–7/16 \$73

T 9–9:50 am 7/23–8/27 \$63

Tai Chi for Seniors Level 1

Barbara Reynolds RLCC Sycamore

An opportunity to enjoy gentle exercise that integrates mind and body. Tai Chi has been proven through scientific study to increase flexibility, muscular strength and fitness. Promotes correct body posture, improved breathing, blood pressure, balance and many facets of mental state. Sun Style Tai Chi, specially developed for people with arthritis. Anyone can benefit and all are welcome. Chairs available as an aid for balance. 7/6 classes.

F 6/7–7/19 10–10:50 am \$73

F 7/26–8/30 10–10:50 am \$63

Tai Chi for Seniors Level 2

Barbara Reynolds RLCC Larkspur So.

For those participants who have already taken Tai Chi Level 1 and are familiar with this modified Sun Style. 6 classes. No class 7/4.

Th 6/6–7/18 9–9:50 am \$63

Th 7/25–8/29 9–9:50 am \$63

Tai Chi for Seniors Level 3

Barbara Reynolds RLCC The Studio

For advanced students who have already taken Level 2. Class progresses into Sun Style, 73 forms. 7/6 classes.

M 6/3–7/15 10–10:50 am \$73

M 7/22–8/26 10–10:50 am \$63



Zumba Gold Basic–Wed.

Alice Johnson RLCC Studio

Ready to Zumba? Zumba Gold is a low-impact with easy to follow moves to Latin-inspired music like salsa and cha-cha. It's an energizing way to burn calories and get fit while having fun! No prior Zumba or dance experience necessary. Bring water and wear comfortable exercise attire and be ready to enjoy a fitness workout while having fun. Drop-in fee \$8 per class. Contact instructor with any questions. 6 classes.

W 6/5–7/10 9:30–10:20 am \$27
W 7/17–8/21 9:30–10:20 am \$27

Zumba Gold Level 2

Alice Johnson RLCC Studio

Ready to take it up a notch? Zumba Gold Level 2 uses the same low-impact and easy to follow Latin-inspired dance steps like salsa and cha-cha but at a higher intensity than Zumba Gold Basic; it's an energizing way to burn calories and get fit while having fun! Bring water, wear comfortable exercise shoes/attire and be ready to enjoy your fitness workout! Drop-in fee \$8 per class. Contact instructor with any questions. 6 classes.

W 6/5–7/10 8:30–9:20 am \$33
W 7/17–8/21 8:30–9:20 am \$33

Zumba Gold Basic

Yuko Diehl RLCC Studio

Dance-fitness class with easy to follow steps for active 55+. Receive a total body aerobic workout through dance. Created to emphasize the basics, this low impact program is easy-to-follow. Enjoy dancing and exercising with Latin and international music. Wear workout shoes and bring water. No dance experience necessary. M–6/7 classes. Th–6 classes, no class 7/4. Drop-in fee \$8 per class. Contact instructor with any questions.

M 6/3–7/8 9:30–10:20 am \$27
M 7/15–8/26 9:30–10:20 am \$31
Th 6/6–7/18 9:30–10:20 am \$27
Th 7/25–8/29 9:30–10:20 am \$27

Zumba Gold Level 2

Yuko Diehl RLCC Studio

Dance-fitness class for active 55+. Higher impact than the Zumba Gold Basic. Enjoy aerobic exercise that provides safe and effective total body workout. Great for the mind, body and soul. Program creates a fun light atmosphere. Dance to upbeat music while exercising. Wear workout shoes and bring water. 6/7 classes. Drop-in fee \$8 per class. Contact instructor with questions.

M 6/3–7/8 10:30–11:30 am \$33
M 7/15–8/26 10:30–11:30 am \$38

special interest

(Registration required.)

3D Greeting Cards

Katrin Field RLCC

A handmade card is always special. Learn how to create gorgeous 3-dimensional greeting cards. Class is for beginners and experienced paper crafters alike. Supplies to create at least 6 all occasion cards featuring flowers and other summer themes provided. See Card Display by senior office. Materials imported exclusively from Holland and Germany. Bring a pair of scissors and tweezers and be prepared to have a lot of fun. Supply fee: \$20. 1 class.

F 6/14 1–3:30 pm \$3
F 7/12 1–3:30 pm \$3
F 8/9 1–3:30 pm \$3

Estate Planning: Trust vs. Wills

Jennifer Thaete RLCC Larkspur So

Jennifer Thaete, a local estate planning and probate Attorney, reviews the primary options in creating an estate plan including: Trusts, Wills, Financial and Health Care Powers of Attorney. Course will review what a Will is and how a Will works as opposed to a Trust and how a Trust works. A general review of Probate and Estate taxes discussed. Entire presentation will be in plain English. All questions welcomed.

Th 7/25 7–8:30 pm \$13

Writing from Personal Experience

Susan Wilson RLCC Sycamore

Do you have a story to tell? Would you like to write about your family, your childhood, a trip you once took, or some unusual experience? Workshop covers how to write stories and articles based on your life. 6 classes. No class 7/4.

Th 6/6–7/18 10 am–Noon \$60
Th 7/25–8/29 10 am–Noon \$60



drop-in programs

RLCC Arroyo Rm.

Enjoy these fun, social and stimulating activities year-round while challenging your brain. New players welcome. Days vary and are subject to change. Some activities require advance reservations. See Prime Time newsletter for more details or call the Senior Services office 925-373-5760.

\$2 drop-in fee, per day.

M & W Pinochle 1–4 pm
M–Th Billiards Varies/day
Th Bridge 1–4 pm

Bingo

RLCC Larkspur

Enjoy a casual, low key afternoon of Bingo. Drop-in fee of \$2 plus five cents per card; limit six cards per game. New players welcome.

W & F 1:15–3:30 pm \$2 Drop-in fee

Golden Circle Craft Group

RLCC Larkspur

Enjoy working in a social setting with other Golden Circle members sewing, knitting, crocheting and other textile projects; all to benefit various charities in Livermore! Work on handmade projects that are sold for very reasonable prices at the group's annual November Holiday Boutique! Group meets weekly 11 months of the year. New members are always welcome.

M Weekly 12:30–2:30 pm Free

Mahjonn (American Version)

RLCC S. Larkspur

Mahjonn is great for improving your memory and thinking skills. Let us match you with a someone who also enjoys this ancient tile game! Here's an opportunity to play on a regular basis.

Th 1–4 pm \$2 Drop-in fee

Teaching Opportunities

LARPD-Senior Services is seeking volunteer or paid instructors to teach classes that enrich and stimulate the mind, body and mental outlook on life. If you have experience or knowledge of languages, humanities or music and are interested in teaching adults 55+, please call LARPD-Senior Services office at 925-373-5760.

IMPORTANT REGISTRATION INFORMATION

Non-Residents

Non-Livermore residents may register for activities on the same dates and times as residents. Non-residents will be charged 20% more per activity than the listed activity fee.

Waiver

A Participant Agreement Waiver, signed by a parent or guardian, is required for participants under 18 years. **It is up to the participant to give this form to the instructor on the first day of class.** Your child will **NOT** be able to participate without this form.

Download the form at www.larpd.dst.ca.us. Click on "Forms" from the menu on the left. All adults will sign a waiver form at class.

7-Day Transfer Policy

Transfer requests made less than 7 (seven) days prior to first class meeting are considered cancellations and cannot be completed.

Failure to attend class or "no shows" will not be granted a refund/credit.

Class Refund Policy

1. LARPD reserves the right to cancel, postpone, or combine classes, or change instructors. If insufficient enrollment causes a class to be cancelled, notification will be given and a full refund granted.
2. Please choose your activities very carefully. If you must cancel your registration, we require notification at least 7 (seven) days before the first meeting of that class.
3. You may request either a credit or a refund check (less a \$5 service charge PER class).
4. **Any cancellation received less than 7 (seven) days prior to the start date will not receive a refund/credit. For a refund, call 925-373-5700. No emails please.**

Returned Checks

A \$20 fee is charged for any check returned by your bank.

Access and Inclusion

*In compliance with the Americans With Disabilities Act (ADA), LARPD encourages those with disabilities to participate in its programs. **If you have special needs, please call 925-373-5700 at least 2 weeks prior to class start date.***

Registration Opens Wednesday March 27 @ 8 am

Online

Registration 2.



1. Visit www.larpd.dst.ca.us

Click **REGISTER ONLINE**

New LARPD Customers: Follow the instructions to create a new account and get your new ID and password. Then login, set up your account and you will be ready to register.

Search Tip for Online Registration

- Once you have logged on and are in the system, click the **Search** button located in the right hand corner of the page.
- A box with **Key words** will appear. In the **Key words** box, type in the first few words of a class title or one general term such as "camp" and then click on **Show list**.
- Typing in a few words or a general term such as "camp" will return the largest number of class options.
- For online help, please call us at 925-373-5700.

By Phone

Call 925-373-5700

Hours: M-Th 8 am–6 pm; F 8 am–5 pm

In Person

**Robert Livermore
Community Center**

4444 East Avenue, Livermore, CA

Hours: M–F 8 am–6 pm; Sat, please call

By Mail

**LARPD Summer Registration
Robert Livermore
Community Center**

4444 East Avenue

Livermore, CA 94550-5053

Satisfaction Guarantee

Guarantee is based on the fulfillment of our promise to deliver quality programming. If you are not satisfied, we kindly request your input in the form of suggestions, comments and ideas on changes for improvement.

If, after attending the first day of class/camp, you are not completely satisfied, please let us know within 24 hours after the first day of class and we will:

- **Issue a credit (less \$5) to your LARPD account that can be applied to any other class within one year from date of issue,** (provided you attended the first class and were dissatisfied. We are not liable for a participant who fails to attend class.) Your receipt, canceled check, or proof of I.D. may be required.

Sorry, we CANNOT issue credits for missed classes, swim passes, facility rentals, adult sports leagues, tickets and transportation costs to entertainment, sporting events, amusement parks, ski trips, or meals that are part of an LARPD event. **No emails please!**

Please check the online version of this brochure at www.larpd.dst.ca.us. There are always last minute changes after this document has been printed. The online catalog will be the most current version.



Mail-In Registration Summer 2013

Form **MUST** be COMPLETED and SIGNED. Incomplete forms will be returned. Please Print.

PRIMARY ADULT CONTACT NAME or ADULT PARTICIPANT'S NAME

First Name _____ Last Name _____

Address _____ DOB _____

City _____ State _____ Zip _____

Home Ph. () _____ Work Ph. () _____ Other () _____

E-mail address _____

Emergency Contact _____ Phone () _____

Relationship to Participant _____

- Please note: Online registration is the best method to register for the greatest number of classes.
- Mail-in Registration will be opened in random order beginning March 25, 2 pm.
- If a mail-in registration is hand carried to the LARPD District Office, it will be opened with the NEXT business day's mail.
- Please refer to the 7-day refund and transfer policies on page 30.

How Does Mail-in Registration Work?

1. Fill out the registration form completely.
Incomplete forms will be returned unprocessed.
2. Please list your second choice for the same activity.
3. Payment method – **Check Only.**
4. If friends want to register for the same activity, put registration forms and payments in the same envelope.
5. Signatures are required.
6. **Enclose a stamped, self-addressed, legal sized envelope.**
7. Mail to:
LARPD
Summer 2013 Registration
4444 East Ave.
Livermore, CA 94550-5053

Participant's First & Last Name	Sex	Birthdate	Activity Name	1st Choice	2nd Choice	Fee
				Dates	Dates	
Jane Jack	F	8/4/07	Piano for Beginners	9–9:45 am 6/19–7/24	3:30–4:15 pm 6/19–7/24	\$132
<i>Add Non-Resident Fee of 20% per activity if you do NOT live in Livermore.</i>						

Children may only be registered by their parents/guardians.

Waiver, Medical Release, and misc. forms.

All youths who register will be mailed the necessary waiver and release forms. A parent, or legal guardian, must complete AND sign the form(s) for youth participants. The registered person **MUST** bring the form(s) to their first class meeting. **WITHOUT** these forms the person **WILL NOT** be allowed to participate in the activity. When someone is registered for more than one activity, we will send set(s) of forms for each activity.

I have a special need

Your signature certifies you have read and understand all of the instructions and information on this page.

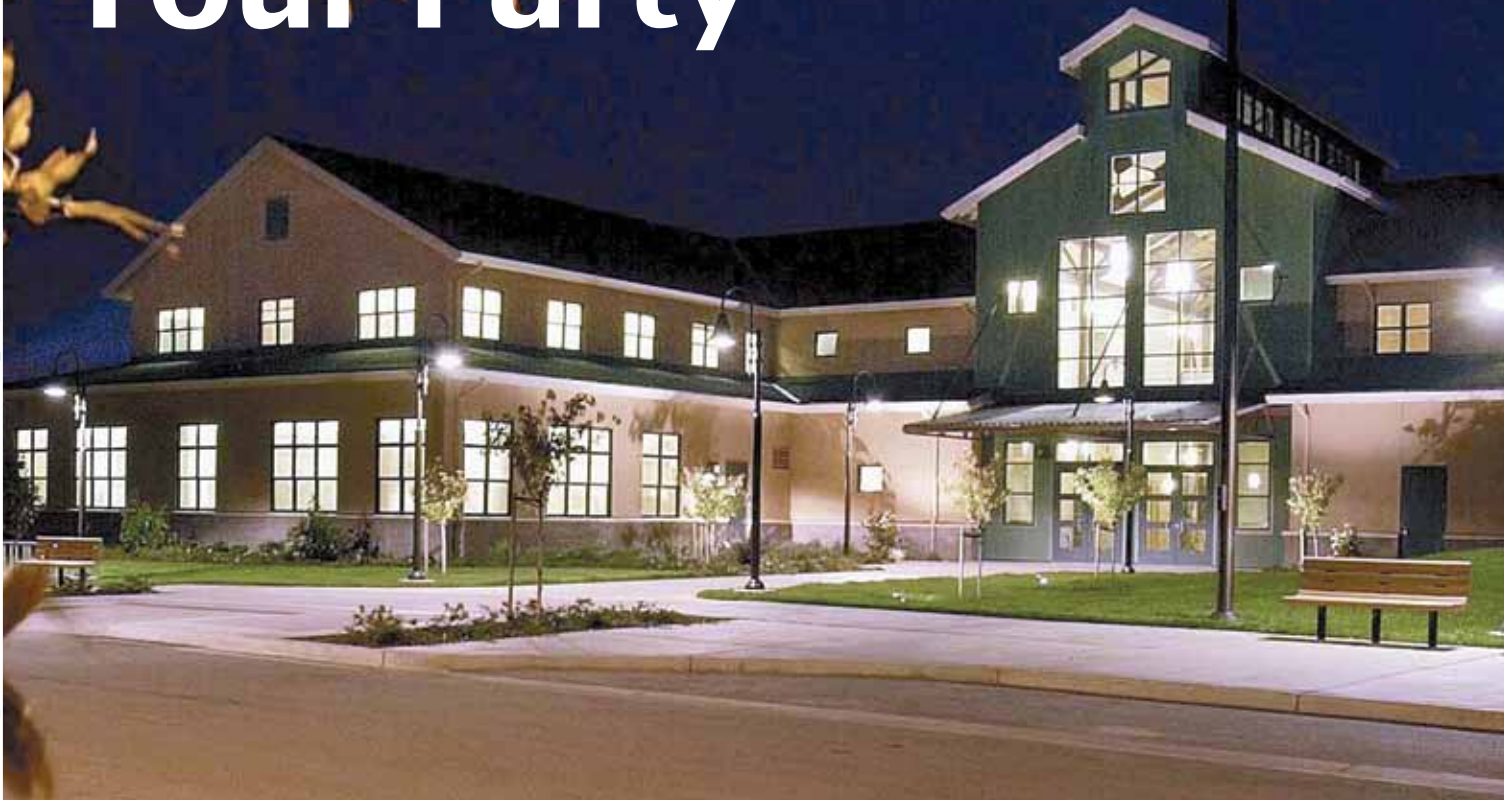
Print Name _____ Relationship _____

Signature _____ Date _____

Signature of PARTICIPANT (Parent must sign for child under 18 years)

TOTAL FEES	
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Our Place Your Party



Dress it up, or dress it down. The 71,000-square-foot Robert Livermore Community Center is the ideal location for parties, weddings, business meetings, dances, luncheons, craft fairs, dance, celebrations, or special events of any kind.

❑ **Cresta Blanca Ballroom**

- Seating: 350 at round tables; 575 theater style
- Dance Floor
- Performance Platform
- Full Caterer's Prep Kitchen

❑ **Larkspur Room**

- Seating: 120 at round tables; 180 theater style
- Full Caterer's Prep Kitchen

❑ **Palo Verde Room**

- Seating: 65 at round tables; 99 theater style

❑ **Sycamore Room**

- Seating: 50 theater style

❑ **Community Service Room**

- Seating: 20 conference style

❑ **Amenities:**

- Outdoor Plaza/Courtyard
- Select the caterer/vendor of your choice
- Experienced staff
- Audio visual services with staff assistance
- Customize to your taste! No preferred vendor list
- FREE Parking
- No tax or gratuity

**Contact
the LARPD
Facility Rental
Department at
925-373-5703**



Livermore Area Recreation and Park District
presents

Run for the Parks

10k, 5k, Kids 1 Mile Fun-Run



April 14, 2013
Sycamore Grove Park
Livermore, CA

<http://www.active.com/running/livermore-ca/run-for-the-parks-2013>

BANKHEAD THEATER

SEASON 2012
2013

Jesse Cook

Extraordinary and
Imaginative World Music
FRI APR 5 8pm



GUEST CONDUCTOR POTPOURRI:

Dawn Harms

Livermore-Amador Symphony
SAT APR 6 8pm



Kathy Mattea

A Musical Love Letter to Appalachia
THU APR 11 7:30pm



COME TOGETHER

The Beatles Concert Experience

West Coast Performing Arts
Sun APR 14 3pm

Vintage Tales, Modern Tributes

Livermore School of Dance
Ballet Company
FRI APR 19 7pm

It's Magic!

A Thrilling New Show of
Magic and Mystery
SUN APR 21 3pm



Paris Combo

Eclectic and Enchanting Jazz
WED APR 24 7:30pm
SPONSORED BY Francoise and Len Alexander

Debussy Trio

Del Valle Fine Arts
SAT APR 27 8pm



Reach for the Stars!

Livermore Valley Education Foundation
SUN APR 28 2pm

The 95th THE WORLD'S FASTEST 2013 LIVERMORE RODEO

JUNE
8th & 9th



ROBERTSON PARK - LIVERMORE
TICKET INFO (925) 455-1550
www.livermorerodeo.org

CALL
925.373.6800

BUY TICKETS
COME BY bankheadtheater.org
Bankhead Theater
2400 First Street • Downtown Livermore

RESIDENTIAL CUSTOMER

Postmaster: Dated Materials

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**Because you don't
need a stethoscope
for a heart-to-heart.**

Your vitals are important. But a good doctor knows when to put down the instruments and talk to you. At John Muir Health, we see you as a partner, not just a patient. So we listen. We explain. And we get better together. To find a primary care doctor near you, visit johnmuirhealth.com/findadoctor.



JOHN MUIR
HEALTH

Be heard.